

It's good to talk!

The pandemic has affected us all in different ways and it's important to remember that if you're feeling anxious or worried, opening up about how you are feeling and what you have experienced (good or bad!) can be a really helpful step in acknowledging that things are different and also finding new ways of managing.

"Whether it's with friends, family or trusted teachers, allowing yourself to share your thoughts with others rather than bottling things up will help you to make sense of things,"

says Dr. Lynne Green,
Chief Clinical Officer,
Kooth.



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