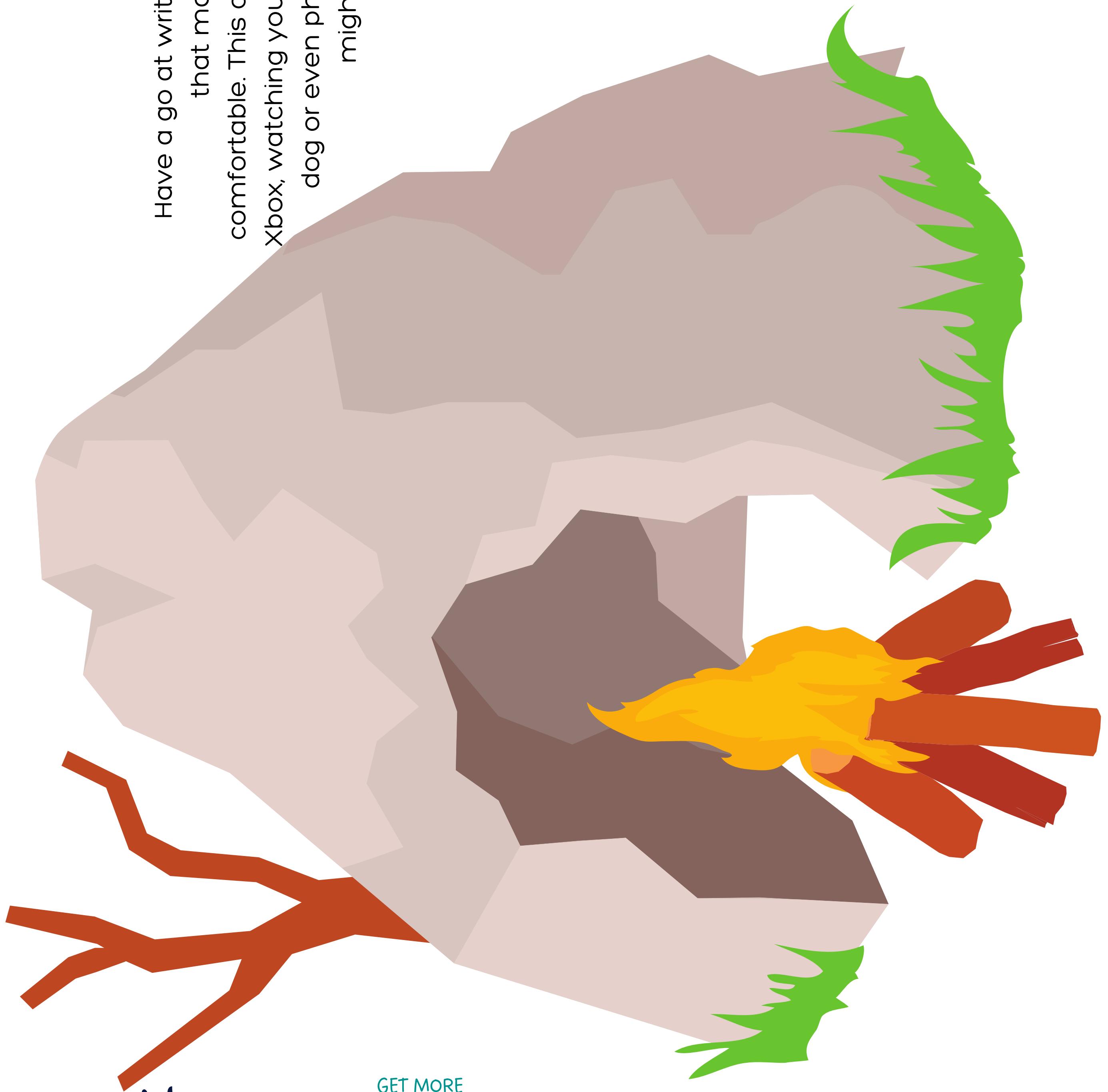


Cave Time

Have a go at writing some things in your cave that make you feel safe, relaxed and comfortable. This can be something like playing xbox, watching your favourite film, hugging your dog or even phoning a friend. What activities might help you get back to green..



Serenity

Psychological Support Services



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