

Wellbeing Support

CREATIVE
YOUTH
NETWORK.

Did you know Creative Youth Network offer one-to-one wellbeing support for young people up to age 17?

Our Wellbeing Practitioners offer 6-10 sessions of CBT (Cognitive Behavioural Therapy) which can be helpful for:

☰ Anxiety / Low Mood ☰
☰ Panic attacks / O.C.D ☰

We can meet you wherever you feel comfortable, at home, at school or at one of our youth centres.

Interested? Just get in touch...

Scan our QR code to fill in a form and we'll get back to you.



You can also drop in for an informal chat with one of our friendly team at our Central Bristol hub. We're there every weekday, 2-8pm, at The Station, BS1 2AG.