A person standing in a field

Description automatically generated with low confidence

Here’s a few links that you may find helpful in continuing the conversation around this theme:

Online articles

<https://www.beheadstrong.uk/info/all-about-anxiety-part-1>

<https://www.beheadstrong.uk/info/all-about-anxiety-part-2>

<https://www.beheadstrong.uk/info/all-about-anxiety-part-3>

https://www.beheadstrong.uk/stories/when-things-dont-go-as-planned

ttps://www.beheadstrong.uk/info/wantmore-about-self-harm

<https://www.beheadstrong.uk/info/want-more-about-panic-attacks>

<https://www.beheadstrong.uk/stories/drawing-your-feelings>

<https://www.beheadstrong.uk/stories/guys-this-ones-for-you-3-things-you-can-do-to-turn-a-bad-day-around>

<https://www.beheadstrong.uk/stories/guys-this-ones-for-you-releasing-anger>

<https://www.beheadstrong.uk/stories/guys-this-ones-for-you-lets-talk-comparison>

<https://www.beheadstrong.uk/info/friendship-problems>

https://www.beheadstrong.uk/info/trouble-sleeping-1

Helpful organisations

[https://www.ataloss.org](https://www.ataloss.org/" \t "_blank)

<https://www.tastelifeuk.org>