

WITH ME **iN** MIND

Anxiety

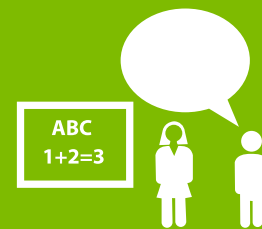
I can look after myself by...



Talking to friends



Talking to everyone



Talking to teachers



Talking to With Me
in Mind

