

SOMETIMES, IT GETS OVERWHELMING AND IT CAN START TO FEEL LIKE YOU CAN'T COPE....

It's ok when this happens but we don't want that feeling to last forever. Our charity, Changing Future North East's offers help with emotions, stresses and worries.

Over the past few years we've helped teenagers who have struggled with feelings like depression and anxiety. It's helped them start to enjoy the things they love again such as their hobbies, school and being with their friends.

Talking to someone new at first can be hard but it does get easier. Our are looking forward to seeing you and offering help. Sometimes when we talk to people who aren't our family and friends it can be easier to be completely open. It also means you get to hear new deas that might help.

GETTING HELP AT CHANGING FUTURES

You or your parent / carer gets in touch with us. If you feel like getting in touch about you can ring 01429891444 or message our page on Facebook.

Then we'll chat about how things have been for you. This will help decide if we are the best people to help.

If we all feel we want to work together, we can meet in person or online and chat more about what's happening.

From there, we will begin working together.

