

Online resources

Check out the Green Hub
website for useful insights about
understanding how stress and
anxiety works ... *and really
helpful ways to get support!*



Online Support



Articles to help you find useful strategies. Like dealing with exam stress; phone apps to help with anxiety; the power of nature on your mood; and so on.

*Check it out to find something that will help **YOU!***



www.greenhub.org.uk/online-help



The Green Hub
Project for Teens