



Lancashire

Wellbeing Coaching

Children & Young People

Mabel Mutopo

Mabelmutopo@lancashiremind.org.uk

If you are aged 10-18 our **Wellbeing Coach** can work with you, teaching you to make different choices to improve your mental wellbeing.

Life should be more than just getting by, every child and young person should have the opportunity to live a healthy, happy lifestyle. Our Wellbeing Coach can help you feel happier and healthier by identifying lifestyle goals and the barriers that are preventing them from being reached.

If you or someone you know is struggling, get in contact with us to see how we can help.



- connect
- be active
- take notice
- keep learning
- give