

# EMOTIONAL WELLBEING AND MENTAL HEALTH SUPPORT FOR CHILDREN AND YOUNG PEOPLE.

INFORMATION ABOUT EMOTIONAL WELLBEING, MENTAL HEALTH, SERVICES AVAILABLE AND HOW TO ACCESS THEM.

LOTS OF ADVICE AND USEFUL RESOURCES.

VISIT [WWW.CAVYOUNGWELLBEING.WALES](http://WWW.CAVYOUNGWELLBEING.WALES)

