



# THE Wellbeing Tool Kit FOR Teens

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## This publication aims to help teachers and practitioners working with young people to:

- Develop the appropriate skills and knowledge base in therapeutic approaches;
- Identify and help at-risk students experiencing social, emotional and behavioural difficulties;
- Help prevent the escalation of any perceived issues or difficulties;
- Encourage young people to foster their own emotional wellbeing.

**Available to purchase from our website [nurtureuk.org](https://nurtureuk.org)**

We also offer *The Wellbeing Toolkit for Teens* training course which includes a copy of the publication per delegate. You can find all the details and **book your place** on our website.

If you need any other information, please contact us: **[info@nurtureuk.org](mailto:info@nurtureuk.org)** or **020 3475 8980**.

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