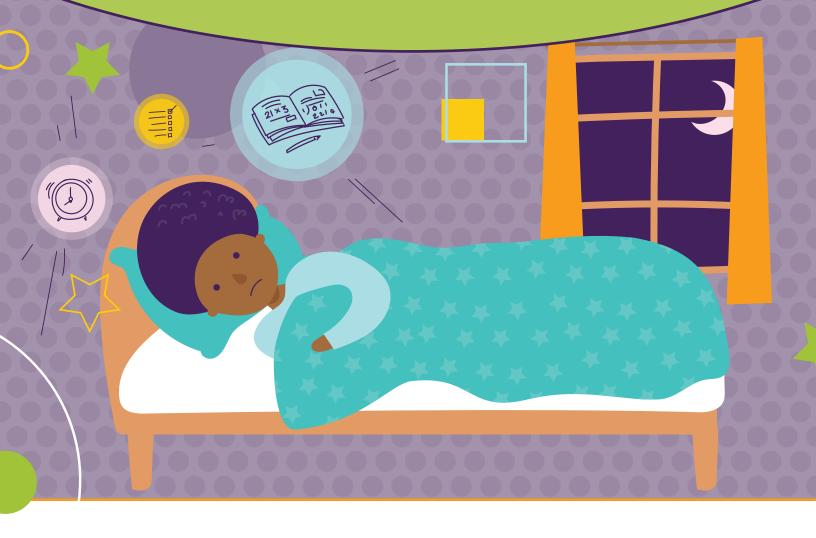
Nervous or worried feelings that won't go away?



Anxiety is common but can affect your body and mind. Talk to your teacher, principal or school counsellor if you need to!





www.SurreySchools.ca/mentalhealth



