

Manchester Gun and Gang Wellbeing Service

Are you affected by ...

- Sleep problems
- Feeling fed up
- Feeling alone or frustrated
- Feeling panicky/nervous or on edge
- Stressed out
- Loss of interest and pleasure
- Things getting on top

You can talk to somebody in confidence



Manchester Gun and Gang Wellbeing Service



For more information contact:

Self Help Services

Zion Community Resource Centre,

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