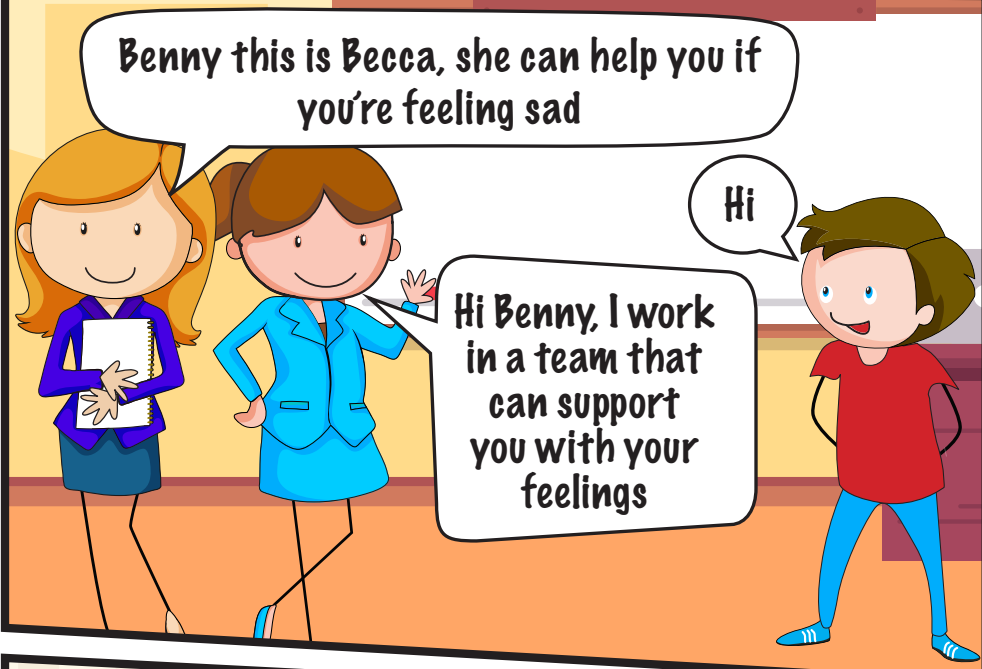




Benny, do you feel okay?

No, I've been feeling sad for a while now and I don't know why



Benny this is Becca, she can help you if you're feeling sad

Hi

Hi Benny, I work in a team that can support you with your feelings



Lots of people feel sad or worried sometimes, but there are things you can learn to do to help make you feel better when you feel this way.

Yes please

I can teach you some of these things if you'd like



We're going to talk about 5 key things over the next few weeks:

What's happening;

What are you thinking;

What are you feeling;

What do you need and;

What needs to happen next?



A FEW WEEKS LATER

How do you feel now Benny?

I'm starting to feel a little better now. Working with Becca is helping.



Thank you for all your help over these past weeks, I feel much better now

Just know I'm always here if you need me