

Feel better. Learn better.



In partnership with



Accessible via West OS

WEST PARTNERSHIP ONLINE SCHOOL



**Schools' Return Phase 2
Message for Young People
Prof. Jason Leitch**

**Covid-19 Lateral Flow Device
Anxiety Video**



Tammy's Techniques

a range of techniques to support your mental health and emotional well-being



**Progressive
Muscle
Relaxation**



Brain Dump



**Gratitude
Tree**



**Grounding
Techniques**

National e-Learning Offer

