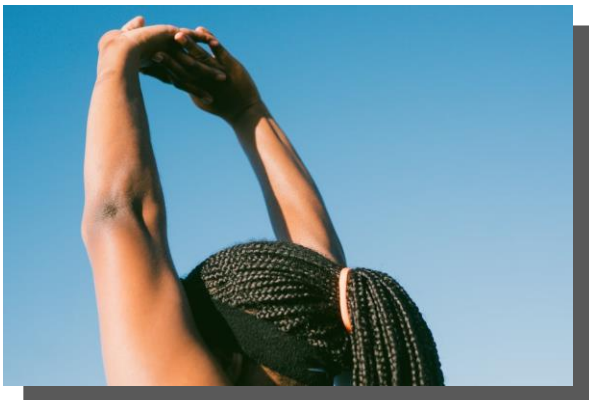
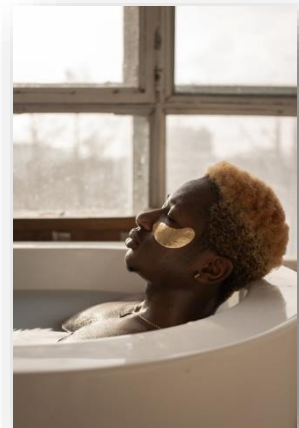
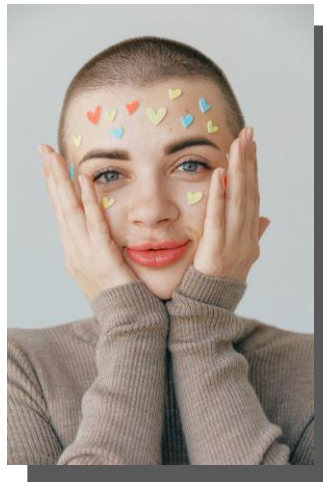
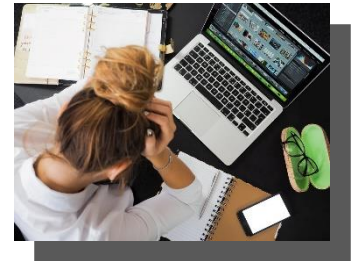


The National Lottery x Visyon

OPEN ACCESS Project 1-2-1 SESSIONS TO HELP YOU FIND PRACTICAL SOLUTIONS TO SUPPORT YOUR MENTAL HEALTH AND WELLBEING.

Access up to four sessions to empower you to find strategies to manage day-to-day challenges like:

- ◇ Sleep
- ◇ Relaxation
- ◇ Self-esteem
- ◇ Assertiveness
- ◇ Big emotions
- ◇ Exam stress
- ◇ Anger management
- ◇ Self-care



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