

## Mental health guides from Feeling Strong



Feeling Strong, Dundee's youth mental health charity, has launched its new and improved mental health guides.

There are three new guides which are for young people, children and guardians.

Feeling Strong has been working with Dundee's young people on creating these new guides for a few months now, with over two hundred responses from young people about what they think matters most.

The guides will help those who read it have a better understanding of Feeling Strong, other Dundee specific support and how it can possibly help young people.

Feeling Strong has printed 2 000 copies of the guides which are being distributed to schools, community groups and libraries across Dundee, as well as making digital copies of the guides available on their website.

More information is available at [www.feelingstrong.co.uk](http://www.feelingstrong.co.uk).