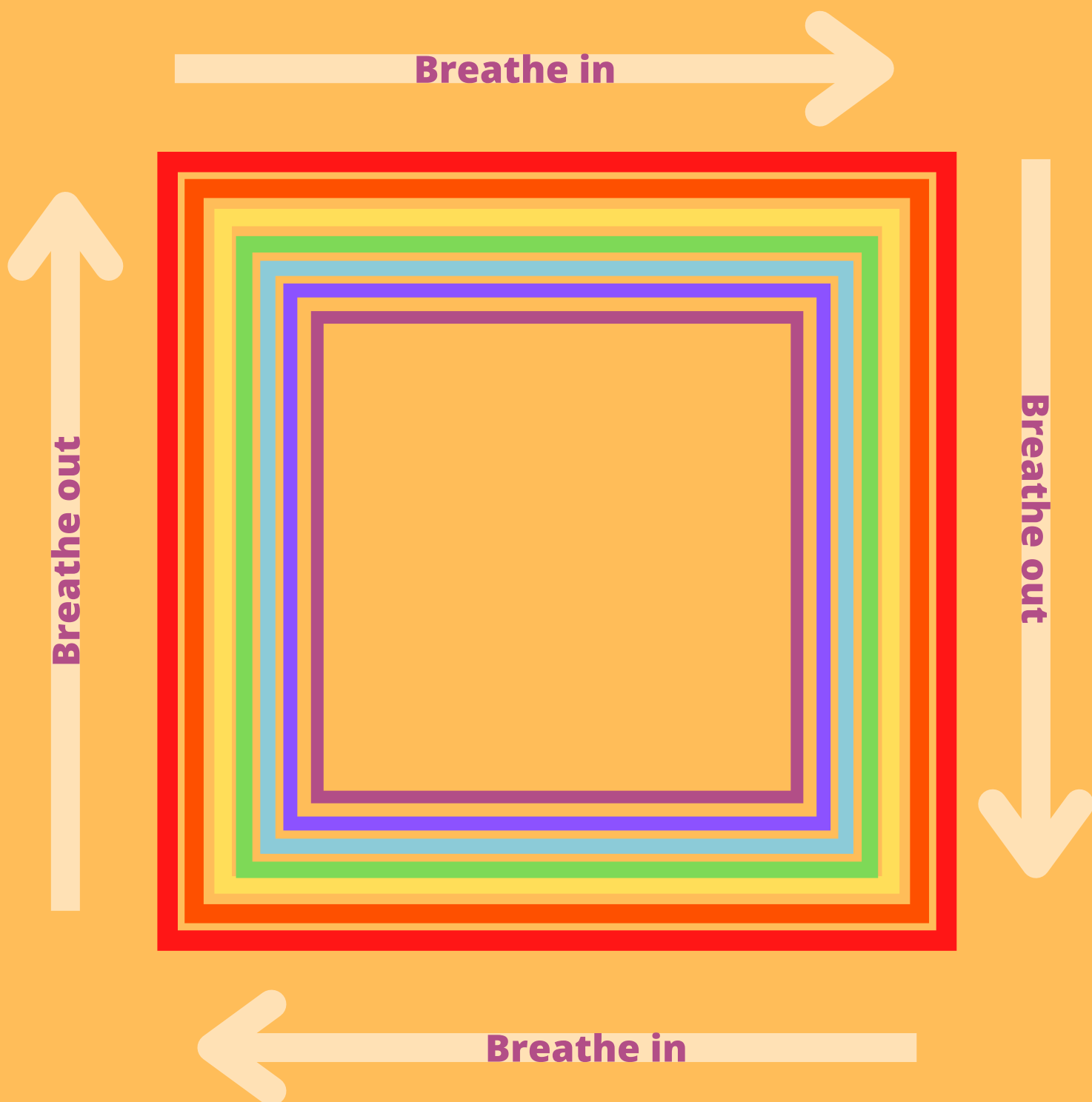


SQUARE BREATHING



Can you find a square where you are
right now?



Helping you find your way to wellbeing
NEL Mental Health Support Teams