



# Supporting children for over 35 years



**Emotional health and wellbeing** for children and young people in Essex and East London.



**Supporting  
children's  
emotional health  
& wellbeing**

## We offer support for:

- Bullying
- Anxiety
- Self-harm
- Exam stress
- Low self-esteem
- Bereavement



## About us

Since 1984 **bccs** has been providing help and support to improve the social, emotional and mental health of children and young people. We also offer expert training for developing skills to support the wellbeing of children and young people.

Visit our website at  
[www.bccs.org.uk](http://www.bccs.org.uk)

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