

Introducing the Blues Programme

Helping to unmask young people's anxiety and depression

1 in 10 feel blue. Three students in every classroom – you're not alone.

Blues for you.

- Do you sometimes feel down?
- Do you sometimes have negative thoughts?
- Do you remember when you last felt happy?
- Do you find it hard to talk to people about your feelings?

The Blues Programme is proven to reduce the early signs of youth depression, or anxiety, and promote prevention.

Blues busting in six weeks

Everyone feels 'blue' from time to time. But when it starts to feel like most of the time, you could think about joining Action for Children's Blues Programme.

The course involves weekly one-hour group sessions at school (or college), with a bit of home practice. By working as a group, you'll help each other along – and see that you're not the only one beating the blues.

Here's what's involved:

1. All students (15-18 years) fill in a questionnaire
2. Some students will be asked if they want to sign-up
3. YOU choose if you want to take part
4. Take part in the six week course for an hour a week
5. If you do, your progress will be shared with you

“Doing a blues busting course has helped me feel like myself. I'm now able to talk and meet new people more confidently”. Ben, 17 years-old.

Action for Children directly helps 370,000 children, young people and families across the UK every year. Over 5,000 staff and 2,000 volunteers, develop and deliver local services for children that are proven to work. We always demonstrate what we do and show how it works. What's right for children drives everything we do. Action for Children's Blues Programme is being introduced thanks to Royal Mail and their staff fundraising activities. **#bluesbusters | @actionblues**