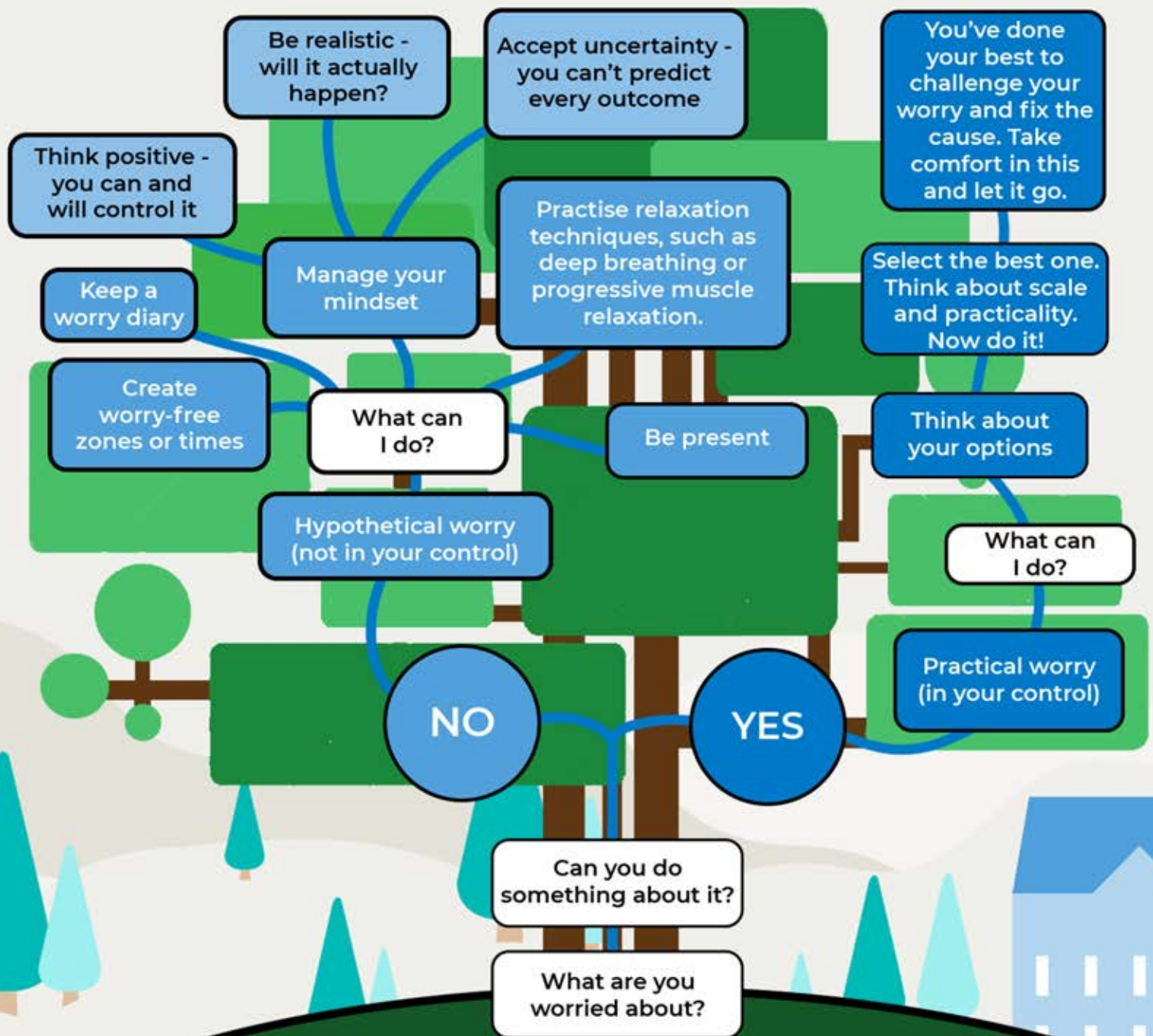


# Work through your worries



Start at the bottom and work your way up



## Start here

If you're concerned about worry, see your GP.  
They can help you to manage it and get the support you need.