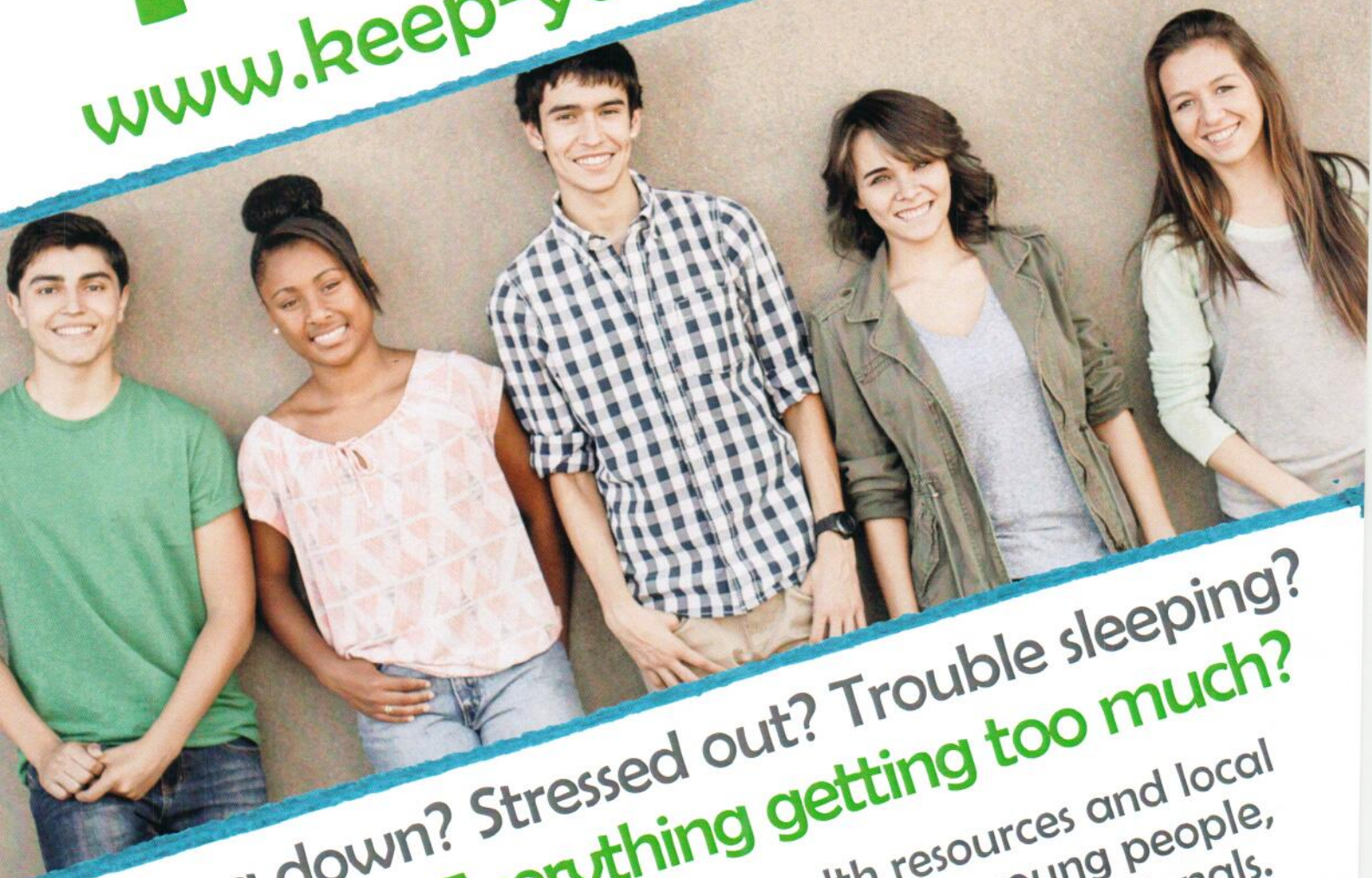


# Keep Your Head

[www.keep-your-head.com](http://www.keep-your-head.com)



Feeling down? Stressed out? Trouble sleeping?  
**Everything getting too much?**

Mental health resources and local  
information for young people,  
parents/carers and professionals.



Cambridgeshire  
County Council

PETERBOROUGH



CITY COUNCIL

**NHS**

Cambridgeshire and Peterborough  
Clinical Commissioning Group

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