

Message from AWARE

Hi everyone,

AWARE are delighted to release our third awareness video entitled '10 things you can do to feel better right now.'

To view this video visit the following links and as always feel free to share with others.

Youtube <https://youtu.be/u-oBEgk4nzM>

Facebook <https://www.facebook.com/AwareNI/videos/764144557450978/>

Best wishes,

Catherine

