

# Do You NEED A BOOST?



Are you struggling with low mood, poor mental health, anxiety or depression? Then we have something that can help....



The Big Happiness Experiment CiC is Buzzing To Share A New Programme That Will Help You Heal From Mental & Emotional Distress, one choice, one change at a time.



APPLY TODAY FOR A PLACE ON OUR NEXT PROGRAMME



Project Me is a new group programme delivering a fun, educational and positively uplifting project (that will get you buzzing) to residents within the Walsall Borough. It is aimed at those who are experiencing low mood, feeling stressed and in need of an emotional boost. This project has been created by The Big Happiness Experiment CIC and will be facilitated by the company's founder; Jules Mitchell. Project Me will help boost confidence, nurture self esteem and alleviate anxiety and depression.

IF YOU ARE A WALSALL BOROUGH RESIDENT AND WOULD LIKE TO ACCESS THIS NEW SERVICE THEN WE WOULD LOVE TO HEAR FROM YOU.

YOU CAN CONTACT US VIA ONE OF THE FOLLOWING OPTIONS....

\*'LIKE' AND MESSAGE US VIA OUR FACEBOOK

PAGE: [HTTPS://WWW.FACEBOOK.COM/PROJECTMEWALSALL](https://www.facebook.com/projectmewalsall)

\*EMAIL [LEE@BIGHAPPINESSCIC.COM](mailto:lee@bighappinescic.com)

\*APPLY DIRECTLY VIA OUR WEBSITE [WWW.PROJECT-ME.ONLINE](http://www.project-me.online)

\*TEXT THE WORDS 'PROJECT ME' TO 07565 958601 AND WE'LL TELL YOU MORE!

CHOOSING TO CHANGE

**Project Me**

**COMMUNITY FUND**

\*Creating a Buzz in Our Community  
\*Empowering People To Change