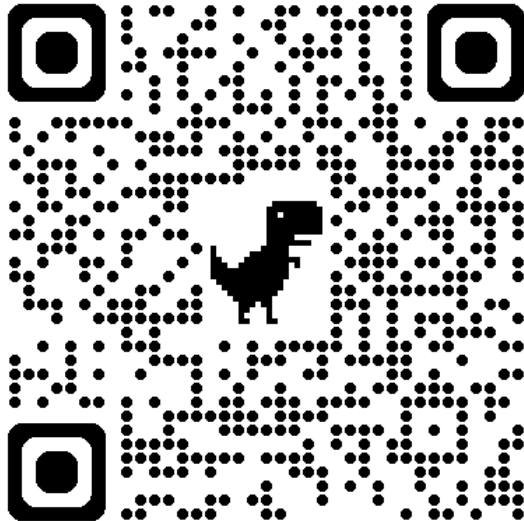


**1<sup>st</sup> April 2025**

**We have been asked to share this anti-stigma newsletter for Stress Awareness Month, taking place in April.**

<https://traffordthrive.my.canva.site/2025-stress-awareness>

QR code:



Many thanks,  
**Trafford Thrive in Education**  
**Manchester University NHS Foundation Trust**

Office Base : 1<sup>st</sup> Floor Sale Waterside, Sale, Manchester M33 7ZF  
T: 0161 549 6451  
E: [traffordthrive.education@mft.nhs.uk](mailto:traffordthrive.education@mft.nhs.uk)



<https://twitter.com/ThriveMHST>



<http://www.youtube.com/@TraffordThriveMHST>