Dear __________,

It has been some time since you were referred to ORYGEN Youth Health, and although we weren’t able to offer you a service, we hope you are feeling better and that things are going well. When we met you mentioned that good sources of help for you in times of crisis include ___________

You should also consider how physically active you are at the moment. Did you know that people who are physically active tend to be less anxious and depressed? To get the benefits of physical activity, all you need to do is go for a walk for at least 30 minutes a day. Try building it into your regular routine. A walk out in the sunlight early in the morning helps the most.

Of course, if you are in need of further help, we would be very happy to see you again at ORYGEN Youth Health.

Best wishes __________