

Our mental health is an essential and integral part of our overall health - it affects our feelings, thoughts, mood and behaviour – how we think about ourselves and our lives, how we cope with life’s ups and downs and our relationships with family and friends.



Feedback

“I feel I now have the tools to try to keep the support going. Thank you so much!” *Young person*

“Best support we have received for our son and most useful for our family. At home we have seen significant positive change.” *Parent*

“Always very easy to talk to and took time to explain things and listened to our problems and concerns.”
Young person

There are lots of places in Cornwall where young people can find support and advice around their emotional well-being and mental health. These include schools, colleges, GP surgeries and youth centres.

Need help now?

If you need to speak to someone urgently about your mental health – contact your GP or family doctor.

Or call Childline — **0800 111**

The Samaritans — **116 123**

In an emergency go to **A&E** or call **999**
24/7 free crisis support messenger,
Text **THEMIX** to **85258**

Contact us:

To find out more about Wellbeing Practitioners at Young People Cornwall or to make a referral:

Tel — 01872 222447

Visit — www.youngpeoplecornwall.org



Wellbeing Practitioners

Providing low intensity interventions to young people aged 8 to 18 with ‘mild to moderate’ mental health issues.

*Young People Cornwall
The House,
Carlyon Road,
St Austell,
PL25 4DB*

*Phone: 01872 222447
Email: referral@ypc.org.uk*



WHAT?

Wellbeing Practitioners sit within Hear Our Voice at Young People Cornwall. We work with 8-18 year olds, to provide a safe, confidential space to talk about difficulties that young people might be facing. Our focus is on ensuring young people feel comfortable and free to speak in a non-judgemental environment. Wellbeing Practitioners provide low intensity CBT to young people with common mental health presentations, up to a moderate level.



What difficulties can we help with?

- Low Mood
- Panic
- Worry/generalised anxiety
- Sleep problems
- Simple phobia
- Stress/Tension
- Behavioural and emotional regulatory difficulties
- Some low level difficulties with anger
- Low level self-esteem difficulties
- Mild social anxiety
- Low level compulsive behaviour
- Mild Health anxiety
- Assertiveness or interpersonal challenges (e.g. with peers)

What we don't work with

- Complex mental health presentations (psychosis, bi-polar, personality disorder, PTSD)
- Chronic anxiety and depression
- Eating disorders
- Bereavement
- Complex phobia
- Pain management
- Significant self-harm
- Complex interpersonal relationships

HOW?

We work with children, young people and parents to address a range of difficulties. This can be delivered individually, with parents, or working with children and parents together. Support can be delivered face to face, over the phone or in small groups, and we offer 6-8 sessions.

We have active links and partnerships with organisations, services and charities across the South West including schools and community nurses, specialist referral units and local authority locality managers so we can make sure young people have access to the best care and support.

We're flexible and creative, encouraging young people to seek support in the way that's right for them. We are dedicated to exploring and providing the best opportunities for young people to find their feet, until they're strong, confident and ready to fly.

