

Referral process

Referrals can be made by Young People themselves, parents/guardians, any organisation working with the young person.

For more information or to make a referral

 01744 415226



ListeningService@sthelensymca.org.uk



www.ymcasthelens.org.uk

or scan the QR code below



YMCA St Helens
North Road
St Helens
WA10 2TJ

Supported by:



P. H. HOLT
FOUNDATION



YMCA ST HELENS

YOUNG PEOPLES LISTENING PROJECT

FOR YOUNG PEOPLE
AGED 12-18 IN ST HELENS



YMCA

YMCA

YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE ACCOMMODATION FAMILY WORK HEALTH & WELLBEING TRAINING & EDUCATION

ABOUT US

We support 12-18 year olds with low level mental health concerns.

We aim to

- Give young people a greater awareness of mental health.
- Reduce isolation and promote healthy relationships.
- Support young people to become more emotionally aware and resilient.
- Help young people increase their self-confidence and self-esteem.
- Empower young people to take control of their mental health.
- Promote self-care and wellbeing.



1:1 Listening Service

An opportunity for young people to speak to a qualified/experienced "listener" either face to face or online (via e-mail , phone or social media).

The 1:1 sessions provides opportunities to:

- Talk in a non-judgmental, compassion focussed, safe space
- Build Emotional Resilience
- Develop & strengthen problem Solving Skills and coping/wellbeing techniques
- Set personal SMART Goals and develop useable, personal wellbeing action plans



Peer Support Group

Bringing young people together to build a network of support and strengthen relationships and mental health related skills/knowledge.

The group will provide opportunities to:

- Strengthen skills/knowledge around "Five Ways Of Wellbeing"
- Make new friends and build a compassion focused support network.
- Build Emotional Resilience
- Develop & strengthen problem solving skills and coping/wellbeing techniques
- Support others and be supported whilst increasing self-esteem, self-awareness and self-confidence.

