



Changes Young People

“No Health, Without Mental Health”

Providing a range of tried, tested and trusted CAMHS Tier 2 services.

Changes YP offers young people 11-18 years a clear, comprehensive, and coordinated recovery pathway that promotes the wellbeing, emotional resilience and social inclusion.*

Wellness Programme

Recovery and emotional wellness programme, tailored to suit a young person's needs.

Wellness Programme is a fun, interactive course designed to help young people improve self-image, gain confidence, Self-esteem and aspirations.

Young people can learn new ways to think and feel better, gain a healthier body image, understand anger, improve relationships, find healthier coping skills to challenge and change unhealthy feelings.

Young people are given the opportunity to develop a stock of healthy thoughts, feelings and behaviours, equipping a young person with the skills to understand and manage their own mental wellbeing.

Sessions are 1 hour per week, for 6 weeks.



Peer-Support Groups

Support groups are informal meetings following a set agenda and a recovery programme. Recovery is learning to live with and manage, rather than suffer from distress and problems. This helps members to build resilience, knowledge and skills to deal with life's challenges.

Our staff and volunteers are specially trained co-ordinators, who provide a safe, friendly environment for the young people to talk about issues affecting their emotional wellbeing. We offer encouragement, support and guidance, teaching young people effective ways in which to manage their own mental health by putting in place “Wellness tools.”

Meetings provide support, understanding and acceptance; they are a great way of meeting like-minded people going through similar experiences.

* The service will be available for young people up to the age of 25 years if they are in care or have a learning disability



Social Events / Recovery-focused activities

We organise an active and wide ranging social calendar including art workshops, music group, physical activity sessions, chill out nights with pool table and games and much more. These take place outside of school hours.

Promoting confidence and self-esteem in a social environment.

OCN Accredited Training & Volunteering Placements

Volunteers make a vital contribution to Changing Minds. We offer a training programme that provides an Open College Network qualification and enables volunteers to help coordinate Peer support meetings.

Anyone who feels that they are able to encourage and support other people in this challenging and rewarding area, contact us to discuss the opportunities available.

Changing Minds also provided placement opportunities for students to gain valuable experience whilst making a positive contribution.

We have provided placements for both under-graduate and post-graduate university students, college students and school students. Relevant courses have included Health and Social Care, Counselling, Counselling Psychology, Childhood Studies, Professional Ethics, and Medicine.

FOR MORE INFORMATION OR ADVICE PLEASE DON'T HESITATE TO

CONTACT US:

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