

## How can I get support?

- If you would like individual or group support go to [youngdevon.org](http://youngdevon.org) and complete our enquiry form.
- Call us on our free number 08082 810 155.
- Pop into one of the Young Devon YES Centres or hubs.
- Ask someone else to contact us on your behalf if that would help.

One of our Wellbeing team will call you back to talk about how we can help.

## Other options

You can also get support online. Go to [www.kooth.com](http://www.kooth.com), sign up online and access self-help tools, moderated live chat and an online team of counsellors.

## Contact us

Call free on 08082 810 155 or visit: [youngdevon.org](http://youngdevon.org).



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# Young Devon Wellbeing Service



**YOUNG  
DEVON** 

## Who is it for?

### Young people living in Devon and...

- Worried about your mental health and how you are feeling.
- Worried about how someone else is feeling.
- Struggling and want to talk to someone.
- Would like to talk to other young people about mental health.
- Want hints and tips on how to look after yourself.
- Would like help to talk about your feelings and communicating with people around you.
- Want to know more about specific issues which affect you, such as anxiety, self-harm, bullying or body image.
- Just need someone to talk to.

**“I was able to open up to my parents more which stopped me bottling up my issues and feeling worse.”**

## What do we do?

**Counselling** – Six sessions where you can talk through the things matter to you. We will try to help you understand yourself better and find new ways of coping with everyday life.

**“My counsellor listened to me and I felt it was very effective and helpful.”**

**Individual CBT**– Wellbeing Practitioners can help when your feelings get in the way. We could help you understand the links between what you think, how you’re feeling and how you act. We’ll work with you to try and find out what works to make things better.

**Wellbeing Cafes**– A friendly, relaxed place where you can meet other people and find practical ways to help improve how you’re feeling. Including:

- **Groups** – with topics like anxiety, confidence, mood and self esteem as well as helping you develop ways to cope in difficult times.
- **Mentoring** – face to face time and a chance to talk with someone who listens and cares.

**Victim of Crime Support**– At Young Devon we have workers who can talk about what has happened and work with you to get the support you need.

## The support is...

**FREE and accessible** – Young Devon support can be accessed in lots of different locations. Contact us to find your nearest place to get help.

**Confidential** – Our team of skilled professionals will keep what you tell them private unless they have concerns about the safety of yourself or others. They will always try to talk to you about this first. All workers are supervised and managed, to make sure they are working safely and professionally.

**Effective** – There are lots of ways we can help; setting goals, advising on other options, working through issues in a structured way and being there every week.

