



IMPROVING THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE IN HEREFORDSHIRE

Strong Young Minds (SYM) aims to improve the mental health and wellbeing of young people aged 9-26 in Herefordshire.

Issues they face may include anxiety, depression, bullying, family/relationship/friendship problems, low self-esteem, school, college, work problems or social isolation.

While referrals can be made for a wide range of young people, the SYM service has a particular focus on supporting those who are:

- Waiting for a neurodiversity diagnosis
- Not regularly attending school
- Living in alternative care





WHAT SYM CAN OFFER

Following assessment, a SYM Wellbeing Advisor, will work on a one to one basis with the young person and will jointly develop a plan for support.

The SYM Wellbeing Advisor will offer a tailored package that could include:

- Strategies and techniques to improve coping skills, resilience and confidence.
- Brief intervention therapy
- Facilitating access to other agencies, professionals and information
- Overcoming isolation and engaging with their community
- Access to training and workshops to build knowledge/confidence around topics such as anxiety and staying safe online
- Opportunities for peer support and learning



How To Get Support

If you would like to find out more or make a referral for a young person who you think could benefit from SYM you can:

Call / Email / Complete our online referral form

scan the QR code



01432 808717



symproject@onside-advocacy.org.uk



www.strongyoungminds.org

