



IMPROVING THE MENTAL HEALTH AND WELLBEING OF YOUNG PEOPLE IN HEREFORDSHIRE

Lots of things can make life feel difficult. You may have problems with friendships and relationships, issues at school, college, work or home, be feeling anxious or depressed, low in confidence or feel isolated.

Strong Young Minds' (SYM) friendly and experienced team can help.

Who Can Get Support from SYM

SYM is available across Herefordshire for young people aged between 9-26 to improve their mental health and wellbeing. The project has a particular focus on supporting young people who are:

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





WHAT SYM CAN OFFER



A SYM Wellbeing Advisor will work with you on a one to one basis for up to 12 weeks.

They will develop a plan to improve your mental health and wellbeing

Options for support include:

- Practical ideas and strategies to build confidence and learn coping skills
- Brief intervention therapy
- Help to access other services/support or get connected to your community
- Meeting and sharing experience with peers

How To Get Support



If you think SYM might be helpful to you then you can get in touch directly or ask someone else to make contact. One of our friendly SYM team will then be in touch to meet with you and talk through how we can help.



Contact Us / Find Out More



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www.strongyoungminds.org

scan the QR code



 **ONSIDE**

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