



YourSpace Mental Health and Wellbeing
Hubs for Children and Young People aged
11-25 available in community locations
across Worcestershire

YourSpace recognises the need for early support to help children and young people cope better with their mental health and wellbeing and prevent escalation to more serious mental health difficulties.

YourSpace provides a single point of early access, without the need for an appointment or referral* to both one to one and group support for children and young people.

Who we can help

YourSpace can help children and young people facing a range of issues including:

- Low mood, anxiety and stress
- Improving self esteem, confidence, and building resilience
- Managing emotions
- Support with relationships, family, friends, bullying and boundary setting
- Self care, exercise, sleep, routines and motivation
- Difficulties in school and college
- Online safety
- Housing and benefits

YourSpace may also facilitate access to more intensive support and interventions

What we can offer

YourSpace will deliver support to meet individual needs within a relaxed and informal space. This could include:

- Dedicated one to one tailored support from a Wellbeing and Emotional Support Practitioner
- Group sessions
- Facilitation of Peer Support

The aim of **YourSpace** is to:

- Increase the ability of the child or young person to effectively manage their own emotional wellbeing
- Improve mental and physical health outcomes
- Develop skills and techniques to cope better with stress, anxiety and challenging life events
- Improve access to skills, training and employment
- Support housing needs including accessing advice and information
- Support the individual to become more active and engaged within their communities

How to find out more

You can find out more about **YourSpace**, including the locations of venues and opening times, by:

- Scanning the QR code
- Visiting our website www.onside-advocacy.org.uk
- Calling us on 01905 27525
- Emailing us at accesshub@onside-advocacy.org.uk



ONSIDE are delighted to be working in partnership with Droitwich Wellbeing Hub in the delivery of **YourSpace** as well as a range of venue host partners.

*No referral is required for anyone over 16 years. Those under 16 will need a parental/professional referral with parental consent.

YourSpace is funded by the Department for Health and Social Care