



# Mental Health Support For Children and Young People

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**We know that the challenges facing some young people can feel overwhelming. We are here to help you and your students navigate the path.**

Our dedicated team of compassionate counsellors and therapists can support you and your students through difficult times. They will work closely with you, providing a safe and non-judgemental space for students and staff to explore feelings, develop coping strategies and foster personal growth.

**We offer a wide range of counselling & therapy services, group workshops and mentoring tailored specifically to your unique needs and circumstances, the details of which can be seen further down the page.**

**Please contact us if you would like further information.**

**E: [mentalhealthservices@ymcatrinity.org.uk](mailto:mentalhealthservices@ymcatrinity.org.uk)  
T: 01733 373187**



**Here for young people  
Here for communities  
Here for you**

# YMCA TRINITY GROUP

## Credit System

Credits allows settings to access services on a sessional basis as required. This is popular for settings that aren't sure what they need, or if budget constraints do not allow for longer-term support.

## Day Rate Programme

Our day rate programme is designed to meet your needs by providing you with access to a designated clinical professional therapist or counsellor for the whole academic year using a holistic approach.

## Groupwork & Mentoring

Groupwork is designed for groups of 4 students to be able to explore particular areas of life, all lead by a qualified counsellor or therapists. The groupwork topics include:

- ▶ Transitions
- ▶ Self Esteem
- ▶ Resilience
- ▶ Emotional Management
- ▶ Mentoring – 8 weeks of 1:1 support for students who would not be able to access the group work option but who's needs are not significant enough to require counselling or therapy

Whether you're seeking guidance for yourself, your children, or staff body, we are here to listen, support, and empower everyone in their journey to mental wellbeing.

**Please contact our mental health and wellbeing team to find out more.**

**E:**     [mentalhealthservices@ymcatrinity.org.uk](mailto:mentalhealthservices@ymcatrinity.org.uk)  
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**HOW TO ACCESS SUPPORT  
AND PRICES\***



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please scan QR Code