

Young People in Mind



Aged 14-25?
Finding things difficult?

The Young People in Mind service

Our service is aimed at young people aged 14-25 who feel like they could do with some emotional support. You need to be a resident of Great Yarmouth or Waveney to access our services.

The kinds of things we can help with:

Anxiety

Low mood

Diagnosed mental health conditions

Eating problems

Relationship problems

Trauma



One to one support:

If you need time to offload, or you want to talk about the difficulties you're experiencing, we have a friendly team of male and female support workers who:

- Understand the issues young people face
- Won't judge you for the problems you are facing, or the emotions you are experiencing
- Are great listeners
- Are experienced case workers

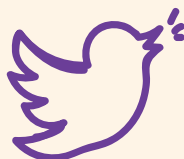
If you need urgent support:

If you are thinking of harming or hurting yourself or other people:

- Call 999
- Go to your nearest A&E department
- Call the Samaritans on 116 123

For non – emergency situations:

- Visit your GP
- Contact your out-of-hours GP
- Call NHS Direct on 111 (24 hours)
- Call Childline (U19s) on 0800 111 (freephone)



Accessing our support

You can:

- Self refer
- Ask a parent/guardian to refer on your behalf
- Ask your GP or your teacher to refer you

If you have any questions, there is lots of information on our website www.norfolkandwaveneymind.org.uk, including our referral form.

If you have been diagnosed with Autism, or ADHD, for support and information please visit www.autism.org.uk

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