

LUDLOW Young Health offers a safe drop-in space for young people in weekly sessions for those aged 10-16 and 17-25, staffed by qualified and experienced youth-workers. The space will be friendly, warm and comfortable so that young people can relax and talk about issues and concerns that affect their emotional health & wellbeing ... and be listened to. Refreshments will also be available.



The **Heads Up Project** is designed by Shropshire Youth Association's Young Health Champions project. The aim is to help young people understand different aspects of emotional health & wellbeing. It was originally written and trialled with pupils from The Community College at Bishops Castle and has now been adapted for **LUDLOW Young Health**.

Small Group Work will explore specific issues, such as stress, self-esteem, anxiety and times of transition. This should enable young people to express their feelings, worries, concerns and aspirations, and develop coping strategies to help them move forward. Additional subjects will be covered as needs arise. Sessions are developed by professional workers, consulting with clinical or educational experts where necessary. Subjects will be advertised in advance so that other agencies can signpost young people to the sessions.

Information shared by young people will be treated sensitively and confidentially within safeguarding guidelines, with the safety of the individual and others paramount. **LUDLOW Young Health** is not a counselling service or a referral pathway to NHS mental health services.

**Every Tuesday 4-5pm (10-16) and 5-6pm (17-25)
at Ludlow Youth Centre**

For more information contact Erica Garner on 07974 001310

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