



withYouth

YOUNG PEOPLE'S Digital Wellbeing Services

If you're aged between five and eighteen, or if you're a parent or carer of someone in that age range, we're here to help you with anything that's affecting your wellbeing.

Just reach out to us.

Through our digital support, we can talk about what you are experiencing and offer you support, information and advice through one-to-one and group sessions.

You can get help straight away, no referral needed.

QR Code:

Scan the QR code
for more info





Instant messaging

Digital Support

Scan here! →



A safe, supported online space for you to talk to us about the things that are important to you.

Open Every day from 2pm-10pm (excluding Bank Holidays)



Scan here! ←

Lumi Nova: Tales of Courage (for 7 -12 yr olds)

Instant access to therapy in a mobile game for 7-12 year olds with fears and worries (anxiety). Instant access to Cognitive Behavioural Therapy (CBT) based support.



for Childhood Anxiety



Groups

Digital Support

Scan here! →



A safe space to explore your feelings and gain confidence in talking about mental health and emotions – all whilst building connections and a sense of belonging with your peers.



Scan here! ←

One-to-one

Digital Support

We provide a range of one-to-one support which is provided by our dedicated team of CYP Support Workers.

