

withYouth

YOUNG PEOPLE'S Digital Wellbeing Services



Digital Support

Instant messaging

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

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!

Digital Support

One-to-one

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

