

Children and Young People's Wellbeing Service

About

Our psychological wellbeing service is for 5-18 year olds and we offer support and intervention for low-mood, anxiety, and behavioural difficulties.

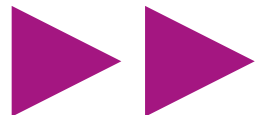


Our team of Wellbeing Practitioners provide uses CBT (Cognitive Behavioural Therapy) techniques and goal-setting to build up emotional wellbeing and resilience in young people and their families.

What difficulties can we help with?

We can support children and young people who are experiencing low mood, anxiety and behavioural difficulties.

We will create goals that are driven by you and our sessions will be structured to support you in reaching these goals.



What do the sessions look like?

The sessions will usually be face to face, however, due to the current circumstances during the Covid-19 outbreak, all sessions will be held via video call or phone.

Between session tasks are set with your CWP to support you in achieving your goals outside of the sessions.

Make a referral

If you would like to make a referral for yourself or on behalf of a young person you know, please visit our website and complete our referral form.

Website: www.ymcaexeter.org.uk/cwpwellbeing

Alternatively, email us at wellbeing@ymcaexeter.org.uk or call 01392 410530.

YMCA Exeter

Our vision is of an inclusive Christian movement transforming communities so that all young people can experience fullness of life in body, mind and spirit.

Registered Charity Numbers:
1162431 & 803226

