



## New Service

### 'Yorchoice' - Young People's Mental Health Support in York

#### Who is it for?

The Mental Health drop-in is for anyone aged 14-21 yrs (up to 25yrs for those with SEND)

#### What can we offer?

- ✓ A relaxed environment where Young People are listened to and supported to take steps forward with managing their own Mental Health.
- ✓ Help and support around accessing local services in York, which are most appropriate to their individual needs.
- ✓ Coping strategies and tips around dealing with their own Mental Health and Wellbeing.
- ✓ A proactive approach to support Young People who may be on a mental health waiting list and need support in the 'here and now' to bridge the gap before their appointment.
- ✓ A non-judgemental mental health safe space.

**Please note: The drop in will not be a crisis service or a youth club**

#### What will it look like?

- Games and crafts
- Music on, comfy beanbags
- Tea and toast
- Local services resources to take away
- Experienced staff and volunteers on hand to help young people understand what appropriate support there is in York
- Group support – **Coming soon** (a schedule of group activities and support will be available soon)

#### How to access the support?



No referral is needed, just turn up, fill in a short form and be part of the drop in.

### **Location**

**Home drop in - York Mind Highcliffe House YO30 6BP – Thursdays 4-7pm**

**Outreach drop in – Currently Acomb Explore Library YO24 3BZ – Mondays 4-7pm (Until End of June – then moves to Tang Hall Explore)**

Realtime information about the project visit <https://www.yorkmind.org.uk/our-services/yorchoice-young-peoples-drop-in-sessions/>

Or **@chatchitpodcast on Instagram**

**For more information, please contact one of the Yorchoice Team at York Mind.**

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<https://www.yorkmind.org.uk/our-services/yorchoice-young-peoples-drop-in-sessions/>

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