



Younger Mind offers emotional support to young people aged 5-19 years who live in Stoke-on-Trent, North Staffordshire (including the Staffordshire Moorlands), and Stafford district. Both independently and in partnership with Connect CAMHS. We have our own premises across these locations, and also occupy various outreach venues within a community setting.

We support young people who are experiencing emotional difficulties, which can be caused by any number of things, such as:

- family arguments
- bullying
- worrying about school and/or exams
- feeling depressed or sad
- feeling anxious
- worries about sexuality
- being abused or neglected
- self-harming behaviour

....any young person can feel disturbed and distressed about a number of issues, and we are here to offer support in a safe, nurturing environment.

We offer time to talk confidentially about problems, to discover solutions and to develop people's potential.

## MindZone

This is a free confidential immediate drop-in facility for young people who would like to talk to someone urgently about their issues/concerns as part of a group or on a 1 to 1 basis. MindZone is available every Monday from 5:30pm at the WRVS in Hanley.

## Mind in Schools & Colleges

Since 2008 Younger Mind has been working in both primary and secondary schools in Stoke-on-Trent and Staffordshire to offer counselling and support for children and young people. The counsellors work with a wide range of different issues which may have an effect on their mental and emotional well-being. The service offers both one-to-one and group work. Since 2008 Younger Mind has been working in both primary and secondary schools in Stoke-on-Trent and Staffordshire to offer counselling and support for children and young people.

## The MACCAS Project

Evolved through the sudden loss of Thomas McCauley.

In light of this sudden heartbreak Tom's family and friends began fundraising for North Staffs Mind, in the hope that tragedies like this could be prevented in the future.

So in memory of Tom the MACCAS project was born. The project is specifically aimed at adolescent males' emotional wellbeing and mental health in the North Staffs area. Raising awareness and challenging the stigma surrounding mental health.

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