



# Our Services

# What we offer

**Emotional Support** – Telephone, Online and Face to Face

**1-1 Support** – Telephone, Online and Face to Face

**Groups** – Online / Face to Face Peer Support Groups:

- Baking
- Art
- Music and Singing
- Quizzes
- Sign Language
- Cooking
- Poetry
- Parenting Group
- Motivational Mondays
- Fresh Minds – 18-25 years old
- Budgeting
- Walking groups



**WEN Courses** – Online and Face to Face

- Anxiety Management
- Anger Management
- Depression Management
- Food and Mood
- Life Transitions
- Self-Awareness
- Stress and Emotional Resilience



## Crisis Support

- Crisis Café's
- Youth Works Crisis Cafes - Corby



## Other Services

- Counselling
- Building Better Opportunities: Support into Employment Project
- Orbit - Breathing Space, Support for tenants with Mental Health challenges
- Mental Health Navigators
- Shape Project - Young Persons service – 11-18 years old
- Youth works – Counselling
- Groundworks – Volunteering Gardening Project
- Hospital at Home – Support for people who are struggling with their mental health and they have been discharged from hospital
- The Freedom Programme – For individuals experiencing domestic abuse
- Get set Go Project – Combining mental health wellbeing with physical activity



## Training

- Mental Health Training packages suited towards professional organisations
- Support and Placements for social work students – Professional and Qualified supervisors

## Supported Volunteering

- Customer Service and Reception
- Emotional support
- Supporting course facilitation
- Fundraising and Promotion



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