



YOUR TIME

MENTAL HEALTH AND WELLBEING SUPPORT FOR YOUNG PEOPLE

I need support to feel in control in areas of my life

I dont know what to do next?

I dont understand my thoughts and feelings.



If you are a young person who may benefit from Your Time and are aged 10 -18 (up to 25 for young people with SEND) live in or attend a Newham school you can contact us by

Phone: 020 3373 9983 (select option 4 – HeadStart)

Email: your.time@newham.gov.uk

Online referral: [https://newham-self.achieveservice.com/service/COVID19 Youth Befriending Referrals](https://newham-self.achieveservice.com/service/COVID19_Youth_Befriending_Referrals)

Your Time offers 8 weekly sessions on the phone or text with one of our youth practitioners.

Having a bit of a tough time and just need to chat? With Kooth you can chat to friendly counsellors online, read articles written by young people and get support from the Kooth community and young people just like you. You can log on to Kooth wherever you are, to access a qualified counsellor for an online chat session up until 10pm 365 days a year. Visit Kooth.com to find out more!



<https://www.headstartnewham.co.uk/>

