

Outside Agency Support

CAMHs – Child and Adolescent Mental Health Services:



Are a team of doctors, nurses, psychologists and therapists who help young people up to the age of 19 with mental health problems. Many young people do not have mental health illnesses, but may have serious problems with their emotions, behaviour, relationships with other people or coping with stress and trauma. CAMHs aim is to offer the most up to date and best researched treatments.

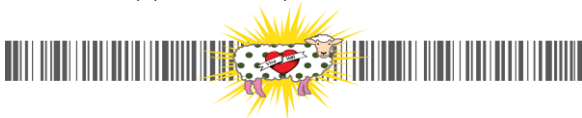


DASU (Domestic Abuse Safety Unit)

Support for people experiencing domestic abuse, rape, forced marriage, stalking, sexual exploitations, trafficking and other forms of violence.

VIVA

Viva is a specialist service offering support to Lesbian, Gay, Bisexual and Trans young people (and those questioning their sexual orientation or gender identity) and their families. The services are available to young people aged between 11 and 25. Viva provides a safe and welcoming space for young people to access informal support from specialist LGBT staff.



ChildLine

Can be called at any time
FREE 0800 1111



Meet the Wellbeing Team



Wellbeing Lead:
Joanne Steel



Wellbeing Assistant:
Hannah Howell



Wellbeing Assistant:
Ashley Titchner



Wellbeing Assistant:
Kathryn Disley

If you would like to book an appointment to speak to a member of the Wellbeing team please email:

rhyl.high@denbighshire.gov.uk



Welcome to



Wellbeing

Support we can offer...

Emotional Support

This is a one-to-one appointment. Helping the young person to reach a higher ground so that they can see their way through the difficulty. Having someone to rely on when they are feeling a bit low or just being there to listen and being non-judgmental.



Self Esteem Programme

Self Esteem is the opinion we have of ourselves. When we have healthy Self Esteem, we tend to feel positive about ourselves and about life in general. It makes us better able to deal with life's ups and downs. When our Self Esteem is low, we tend to see ourselves and our life in a more negative and critical light.

Drawing & Talking Therapy

Drawing and Talking Therapy is a safe, gentle, approach for any young person who needs some support with emotional difficulties. Using this therapeutic approach, the individual will be able to express unconscious thoughts through a combination of drawing and talking. A resolution is reached as the young person is able to address the way they feel about past events or current concerns. No artistic ability needed.

School Counselling

The opportunity to talk about things that are concerning us, in confidence and with a qualified Counsellor. What is spoken about will depend on the individual, but common themes are stress, relationships, change, loss and distressing traumatic events.

DBT Programme

A programme for young people that aims to teach life skills for improving coping strategies. Specifically, it aims to equip the young person with the skills for managing their emotions in healthy ways and to increase their resilience for when they have to cope with stressful situations

- To experience greater well-being (feeling happier, calmer, more fulfilled).
- To work with difficult mental states such as anxious thoughts and low moods.
- To cope with the everyday stresses and strains of adolescent life such as exams, relationships, sleep problems, family issues...

The exercises involve training our attention to experience the present moment with greater curiosity and kindness, which helps us to not only appreciate what is going well but respond more skilfully to life's inevitable challenges.

Relaxation Sessions

These are techniques of controlling your feelings and when practiced and used regularly, they will change thoughts, feeling and behaviours, breaking the cycle of stress or anxiety. Every person will find different relaxation techniques.



MIND – Supported Self-Help for young people aged 11 - 18

- 5 week programme to understand & manage mental health
- Trained practitioner works with the young person to develop skills and a personalised wellbeing kit
- Delivered in person or online
- Topics covered are varied & include
 - some of the following:
 - Anxiety & worrying
 - Self-esteem
 - Anger
 - Grief & loss
 - Stress

FRIENDS for Life Programme

A programme to help young people to manage worries and improve their self-esteem and confidence, as well as to increase their skills to find solutions to daily problems.



Seasons of Growth



This is a loss and grief peer-group education programme to support young people aged 6 to 18 years and adults who are affected by change, loss and grief.