

YOUTH JUSTICE

Wellbeing Coach & Sessions

Our emotional wellbeing affects how we think, feel and act. The Wellbeing Coach can work with you to give you the skills, knowledge and motivation needed to improve and manage your emotional wellbeing and develop healthy coping strategies.

How?

Sessions are face to face and made at a time and a place that suits you.

Support

We can offer one-to-one discussions about your emotional health and wellbeing. Sessions can include topics such as:

- Anxiety
- Stress
- Resilience
- Exam Stress
- Confidence & Self-Esteem
- Grounding Techniques
- Low Mood
- Emotionally based school avoidance
- Sleep
- Bereavement
- Relationships

FOR MORE INFORMATION

please speak to your Case Manager or Engagement Worker.

Why?

Having good overall health, in both body and mind can...

- Help us to feel we are able to cope with life's challenges
- Lead to us feeling happier and reduces stress levels
- Positively affects how we think, feel and act
- Improve our relationships with those around us

It's important we take care of ourselves.



Benefits

Some benefits of these sessions include:

- Improve motivation
- Improve physical activity
- Develop emotional wellbeing knowledge
- Have a safe space to speak in confidence
- Improve overall sense of health
- Improve mood

