

Your Mind Matters

Youth Fed is a charity that has helped improve the lives of young people for over 70 years.

Thanks to long term funding from The National Lottery Community Fund we have been able to expand our existing services supporting the mental health and wellbeing of Children and Young People through our Your Mind Matters team.

Who is this for?

Any young person aged between 8-25 in Cheshire experiencing mild to moderate mental ill health such as anxiety and depression.

What can we do?

Sessions focus on early interventions to support mental health and wellbeing. This can be one to one or in groups. Our approach will build confidence, knowledge and resilience, focusing on individual strengths.

We will also deliver awareness sessions for schools and groups to open up conversations about young people's mental health.



We get in touch within
3 - 5 working days

You are allocated a youth
mental health worker

A support plan
is offered

How can I access this?

E-mail: YourMindMatters@YouthFed.org
and request a referral form

or scan here



We are NOT a crisis service!

If you, or someone you know needs immediate support, you can:

- Dial 999
- CWP NHS helpline: 0800 145 6485
- Samaritans: 24/7 text 116123
- Download the 'Stay alive' app
- SHOUT: 85258 24/7 text message support

Youth Fed works with, and refers to, other programmes and community partners who can offer complementary or alternative support (with your permission).



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FUND



youthfed

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