

ACTIVATE

at Bromley Y

ACTIVATE is Social prescribing for young people who may be feeling low, anxious, stressed, lonely, isolated or lacking in confidence.

Our **ACTIVATE** practitioner supports young people aged 16-17 living in Bromley or with a Bromley GP (aged 18-24 care leavers, or young people in education with an EHCP).

We are here for young people who are facing mild to moderate challenges with their emotional wellbeing. We aim to build confidence, develop independent skills and reconnect young people with their community.

We are unable to work with young people where there are significant and enduring mental health challenges or any risk.

? How is the support offered?

Our **ACTIVATE** practitioner at Bromley Y is called Helen. She can meet with a young person 1-2-1 to explore their situation at Bromley Y, an education setting or community café – wherever the young person feels comfortable to meet. Helen's sessions can be held online with young people if preferred.

what to expect? ?

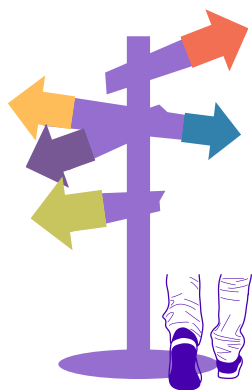
- Sessions are led by the young person - thinking about what they might like to do and what their interests are.
- Support is given to choose activities, education training or volunteer opportunities, that appeal to them, to boost their wellbeing.
- We listen to young people's ideas and help find where these are available locally.
- Our practitioner provides a confidential space to be listened to and supported.

? Number of sessions?

Up to 12 sessions are offered, depending on the young person's needs. Our practitioner will check in with each young person on a regular basis (face to face, over the phone, via text message or online) to review how they are getting on and make sure they are OK.

How to access ACTIVATE support? ?

If you would like to find out more please contact us on info@bromleyy.org and your enquiry will be passed to our practitioner, Helen.



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