YMCA TRINITY GROUP

YMCA
Here for young people
Here for communities
Here for you



MENTAL WELLBEING SERVICES

We provide evidence-based mental wellbeing support for children, young people and adults across schools, workplaces and community settings.

Our services include counselling, therapy, supervision and mental health training helping people build resilience, improve emotional wellbeing and access the support they need to thrive in everyday life.

> *"Many pupils that have benefited are still on the waiting list for CAMHS and this support has in the words of one of our Headteachers 'been life changing'."* – School support

> *"The feedback from the training from our mentors was incredibly positive about the quality of the resources, delivery and content.*

> *From start to finish booking training from YMCA trinity was great, it felt as though the course was tailored to ensure the aims we wanted to gain from the session were core to the planning"* - Charity support

WHO WE SUPPORT

Our holistic offer allows us to take a needs-led approach to support a wide variety of settings and communities including:

- Children and young people (e.g. through education or youth services)
- Workplaces
- Charities and community groups

OUR SERVICES

- Counselling and therapy for ages 5+ (including children and staff)
- Reflective or clinical supervision for staff
- Mental Health Training

WHY CHOOSE US

- ✓ Evidence-based support
- ✓ Experienced therapists and trainers
- ✓ Tailored programmes and interventions
- ✓ Support for individuals and organisations
- ✓ Trusted by schools, workplaces and communities

GET IN TOUCH ABOUT HOW WE CAN SUPPORT YOU

www.ymcatrinitygroup.org.uk

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