

# Support to Thrive

## Free Well-being Support for Young People aged 11-17 Available during term time as well as remotely during school holidays

### FREE SUPPORT- WHAT WE OFFER-

We currently work in partnership with Thurrock & Brentwood Mind, Essex County Council, as well as Castle Point & Rochford CCG, to support young people with their emotional & mental wellbeing.

‘Support to Thrive’ helps young people to explore their thoughts & emotions, & helps build resilience, all within a ‘Person-centred’ approach. Ensuring the support is based on the individual needs of the young person. The support is offered both during, as well as after school hours”.

The service is available to:

- Secondary schools in Castle Point & Rochford.
- Students that live within Castle Point & Rochford.
- Students aged 11-17.



### OUR AIM IS TO HELP STUDENTS TO:

- Understand the link between the way they think, feel, and behave.
- Build a wider support network.
- Increase self-esteem & confidence.
- Learn skills for overcoming challenges.
- Better regulate their emotions.
- Remain in education.

The sessions are aimed at students that could benefit from early intervention, & short-term emotional support.

Referrals can be made via secondary schools.

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