



WELLBEING CHECK-IN SERVICE

Dorset Mind Your Head, the children and young people department of Dorset Mind, has launched a new FREE service to provide support for young people (age 11-25) to help improve their emotional wellbeing.

The 1-2-1 support is delivered by trained volunteers as a weekly (or fortnightly) telephone or online session via Zoom. All staff and volunteers involved with the service are experienced at working with Children and Young People (CYP) and are fully trained, supervised and DBS checked. They will primarily be providing a non-judgemental listening service, helping young people express themselves and feel heard. They will also help them set meaningful, achievable goals and learn effective coping strategies.

The online/telephone meetings with the young person will carry on for a maximum period of six months and each session will last approximately 30-45 minutes.

It is important to point out the sessions are not counselling or advice but rather trained volunteers offering emotional support to help the young person to find their own goals, coping strategies and solutions.

Any (self) referrals can be directed to dmyh@dorsetmind.uk

Please provide contact details for both the prospective client (name, DOB) and, if need be, primary contact (parent/caregiver). A member of staff will be in contact at the earliest opportunity.

Some of the other services provided by Dorset Mind Your Head (www.dorsetmindyourhead.co.uk) include:

Support groups running online throughout the summer

Our Dorchester Connected Minds group will be starting a brand-new online summer programme starting on Tuesday 14th July at 10:00-11:00am and running for a total of 6 weeks through the summer for young people aged 9-13. This group will be supporting the young people's mental wellbeing over the summer, as well as helping them to prepare for returning to school in September.

Our Blandford Connected Minds group is also welcoming new members aged 11-18.

If your young person is interested in joining either group, email dmyh@dorsetmind.uk to find out more.

1-2-1 Services for young people

- **Counselling** – 6 sessions free (online and face to face)

Our 1:1 counselling can support young people aged 11-25 with 1-hour sessions every week for a maximum of 6 weeks. Normally face to face, but currently this service is run online via Zoom and other means.



- **Big Umbrella** – 5 free sessions (online and face to face)

Offers 1:1 support for young people aged 10 and above through a series of 40-minute sessions once a week for 5 weeks.

If you would like to refer a young person to this service, please contact dmyh@dorsetmind.uk for a referral form. The appropriate 1-2-1 support will be discussed once a referral has been received.

Parent Community Facebook Group

Our new Facebook group is a space designed for parents looking to support their young person's mental health. Here you can find more information on our services, read tips and advice on supporting young peoples' mental wellbeing, and connect with other parents in the local area. Just search 'Dorset Mind Your Head Facebook Community' to join.

New! Young People Focus Group (11-25 years) – Recruiting Now!

We are excited to inform you that we are now launching a brand-new Young People Focus Group. This group has been designed so that we, as a children and young people service, are listening to the needs of young people, and aligning our services accordingly in order to provide the best possible support. The Young People Focus Group will meet online once a month to discuss the current mental health needs of children and young people, how Dorset Mind Your Head can support these needs, and also to explore the services we currently have available and what we can do to improve them.

If you know any young people who would be interested in getting involved, email dmyh@dorsetmind.uk for more information.

Young Ambassadors – Recruiting Now!

Our Young Ambassadors are a team of young people aged 16-25 who work closely with us to help us to promote everything we do. They are advocates for our campaigns and help us to challenge, educate and promote wellbeing by organising events and fundraising.



More important news from Dorset Mind

Dorset Mind not only offers educational wellbeing programmes in schools throughout Dorset Mind Your Head but we offer this in workplaces for employers and employees and on an individual basis too.

Do you know any organisations who might benefit from our services AND can help support us financially?

The Charity Partnerships we form help fund Dorset Mind Your Head - which means we can give our services to your school for FREE.

Dorset Mind offer companies support, education and help raise awareness within their workplaces through fundraising and training. Our training covers Mental Health Awareness, Courageous Conversations, Managing Grief, Loss and Big Change. We have just introduced informative workshops for Grief and Loss; Anxiety and Panic Attacks; and Anger too.

If you need help for yourself or someone you know, we also run a number of adult support groups, counselling and an accredited befriending service across Dorset. These services help people regain social skills, confidence and self-esteem. There are also plenty of volunteering opportunities within Dorset Mind, if you want to get involved and help us help people with their mental health.

For more information, please follow the link: <https://dorsetmind.uk/>

As always, please get in touch with us with any enquiries. Stay safe and have a wonderful summer!

The Dorset Mind Your Head Team.