

Mental Health & Wellbeing Service

If you are aged 5-26 and struggling with your mental health, we might be able to help.

We design groups and workshops based on your identified needs to help upskill, educate and support.

UPSKILL

We will provide you with skills to manage difficult feelings and emotions. Having the right tools to manage difficult times can help you feel more equipped to make tough choices and manage lifes challenges.

EDUCATE

Helping you understand where difficult emotions come from can help you manage and take away shame and worries about what you are feeling.



SUPPORT

Providing a listening ear and a therapeutic response to ensure you feel heard and supported in a way they helps you move through what you are experiencing.