



# HOLDING PACK

For young people being supported by  
**Barnardo's Emotional Well-being Service**  
in Tower Hamlets



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To track your emotions over the year

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Well-being - things you can do to support yourself.

**Before continuing,  please make sure you have given us the best phone number to contact you on. Please contact us if you haven't**

## Welcome!

You are now on our waiting list.

We know waiting for support can lead to a whole range of emotions.

This booklet is for any young person, 10 or over, who would like to **know a bit more about our service** and who would like tools they can use to **support themselves** while they are waiting for one of our excellent practitioners.

**YOU ARE NOT ALONE  
WELL DONE FOR  
TAKING THIS  
FIRST STEP**

Would you like to be part of an online well-being community?  
Try



### What can you expect from us?

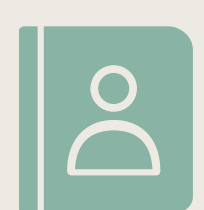
We will contact you with a monthly update to show you that we are still holding your case

### What do we need from you?

For you to **tell us if anything has changed**

(e.g. you are now receiving support from elsewhere and no longer need out service, your situation has become more complex and you require different support, your situation has improved and you no longer need us, or that you've changed your mind)

Here are some important contacts to keep yourself **safe**:



#### Our Contact Details

##### Opening hours:

Mon - Fri 9am - 5pm

##### Tel:

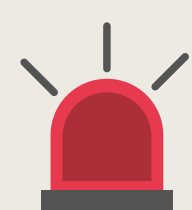
02039 884706

##### Email:

emotionalwb-th@barnardos.org.uk

##### Address:

Barnardo's Head Office  
Tanners Lane, Barkingside  
Ilford, Essex  
IG6 1QG



#### EMERGENCY Contacts

##### "Samaritans:

 116 123

##### Childline:

 0800 1111

##### TH NHS mental health crisis:

0800 073 0003

##### Police:

999

##### "Stay Safe" App

##### Your GP

Please check-out our **Barnardo's well-being information page** for any further support: <https://mymentalhealth.barnardos.org.uk/advice>

So, **what** does our Young People's Emotional Support Service **offer** and what will that **support look like**?



# Introducing our Emotional Well-being Service

What do you do?

We offer a range of services that are tailored to your needs. Your journey with us **might be through:**



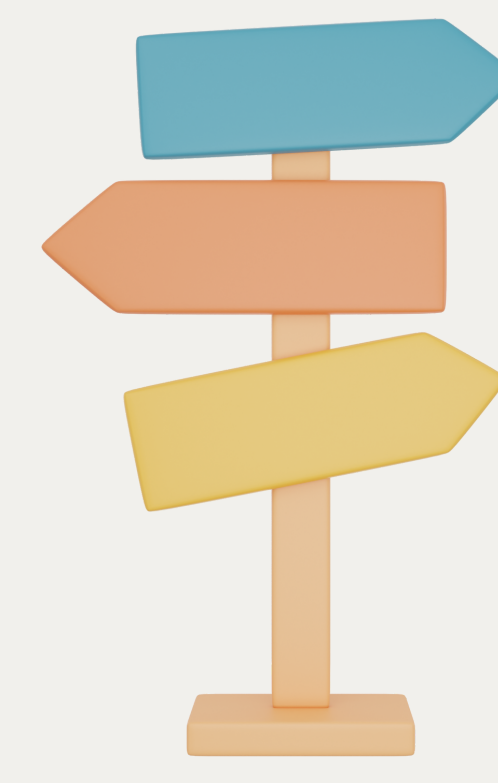
**1-1 Sessions**



**Advice and Guidance**



**Group Workshops**



**Finding you other local support**

What can I expect?



**6-12**

use **short-term** interventions (6-12 weeks on average)



**communicate with you** using your preferred contact details



help you **set** and **meet** your emotional well-being **goals**



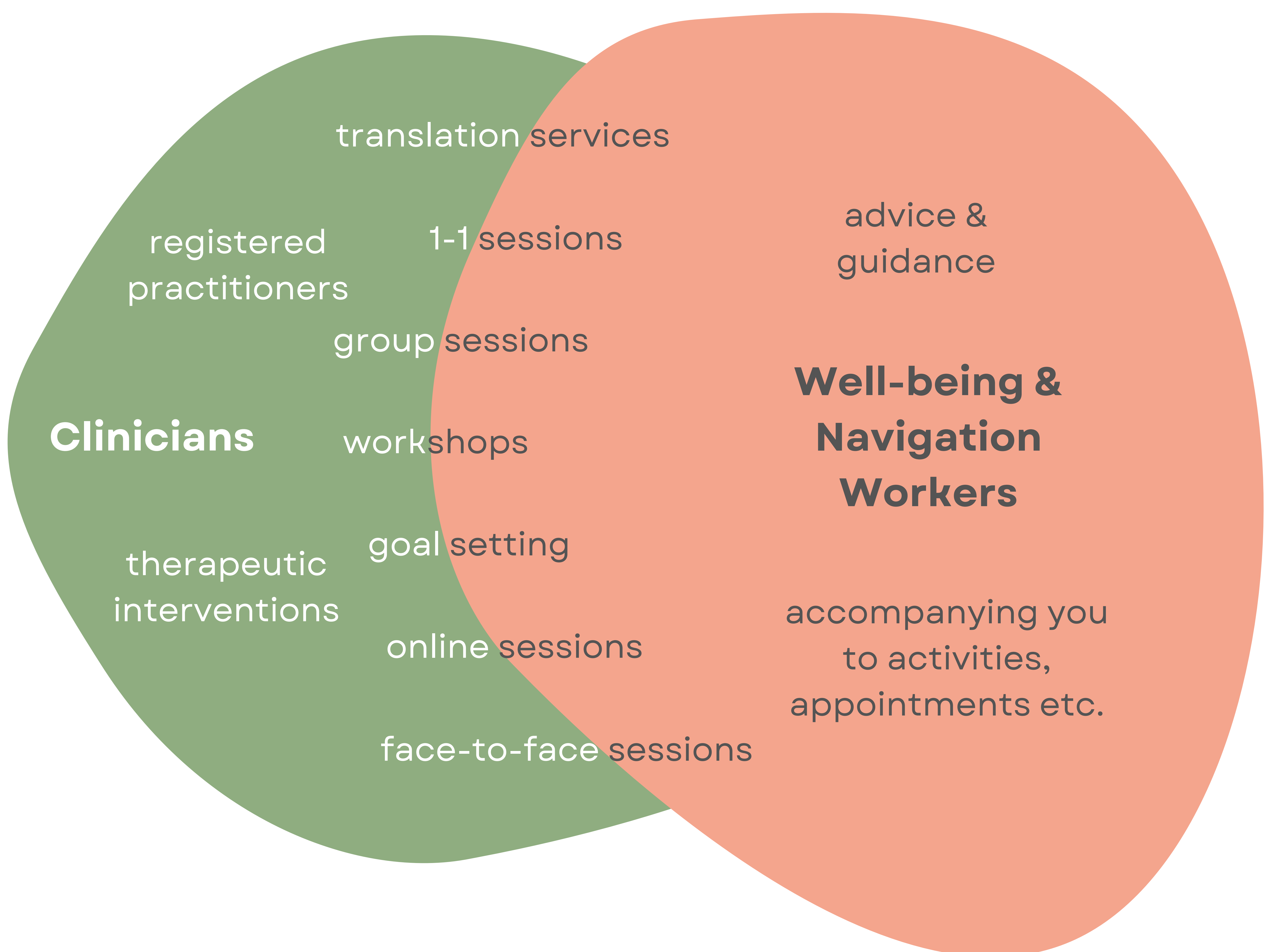
offer you the chance to be a **voice for our service** and **volunteer** with us

## Our Practitioners

Within our service, we have two different types of practitioners: **Well-being & Navigation Workers** and **Clinicians**.

What's the difference?

Here is a useful diagram to show how they are **alike** and how they **differ**:



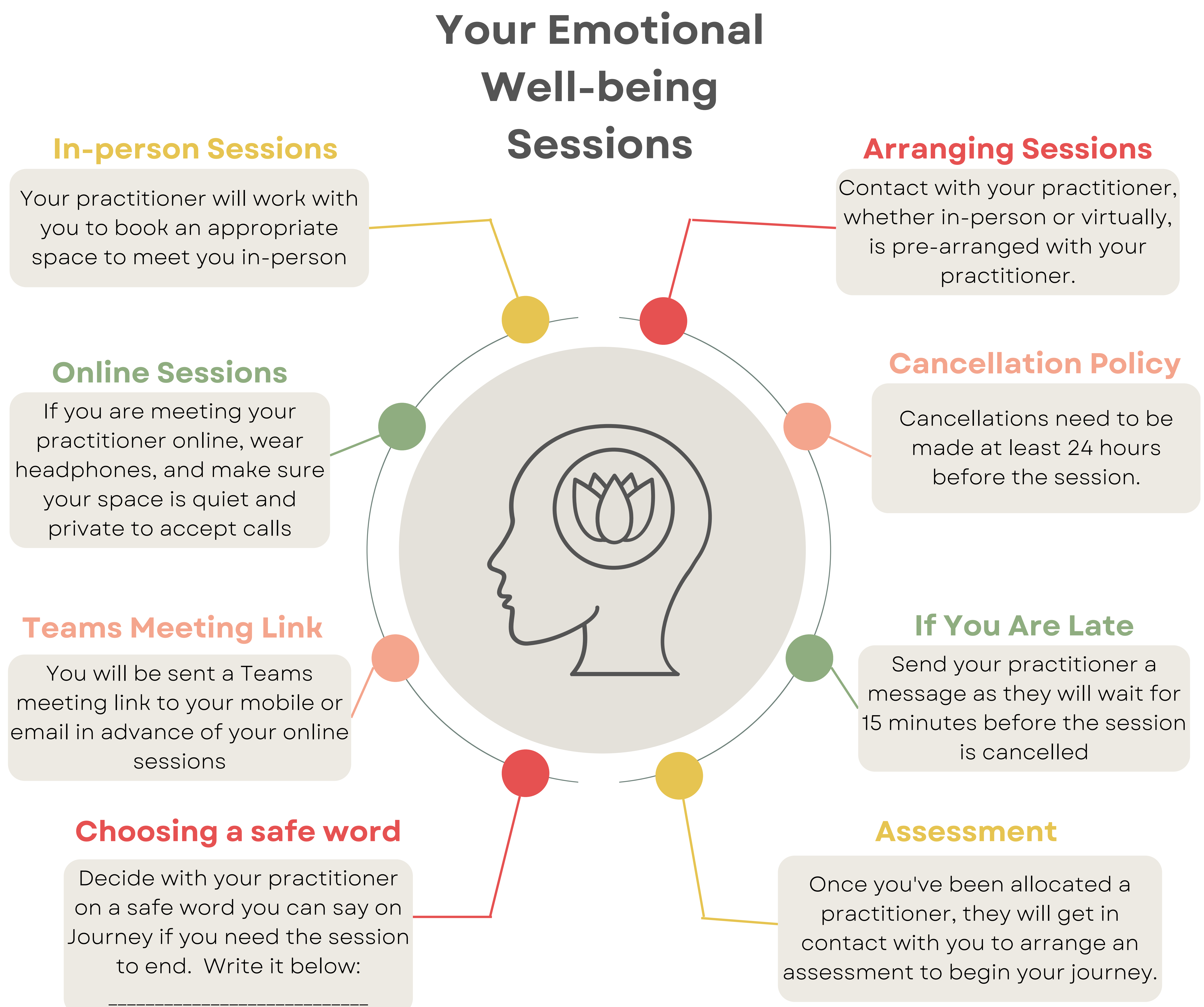
All of our practitioners are here to support you with your emotional well-being needs.



## Important Information About Your Sessions with Your Practitioner

Your practitioner will discuss with you what **sessions** together will **look like** and what they will **ask of you** to make sure that your sessions are as **beneficial** for you as possible while keeping you **safe**.

Take a moment now to **read the important information below**.



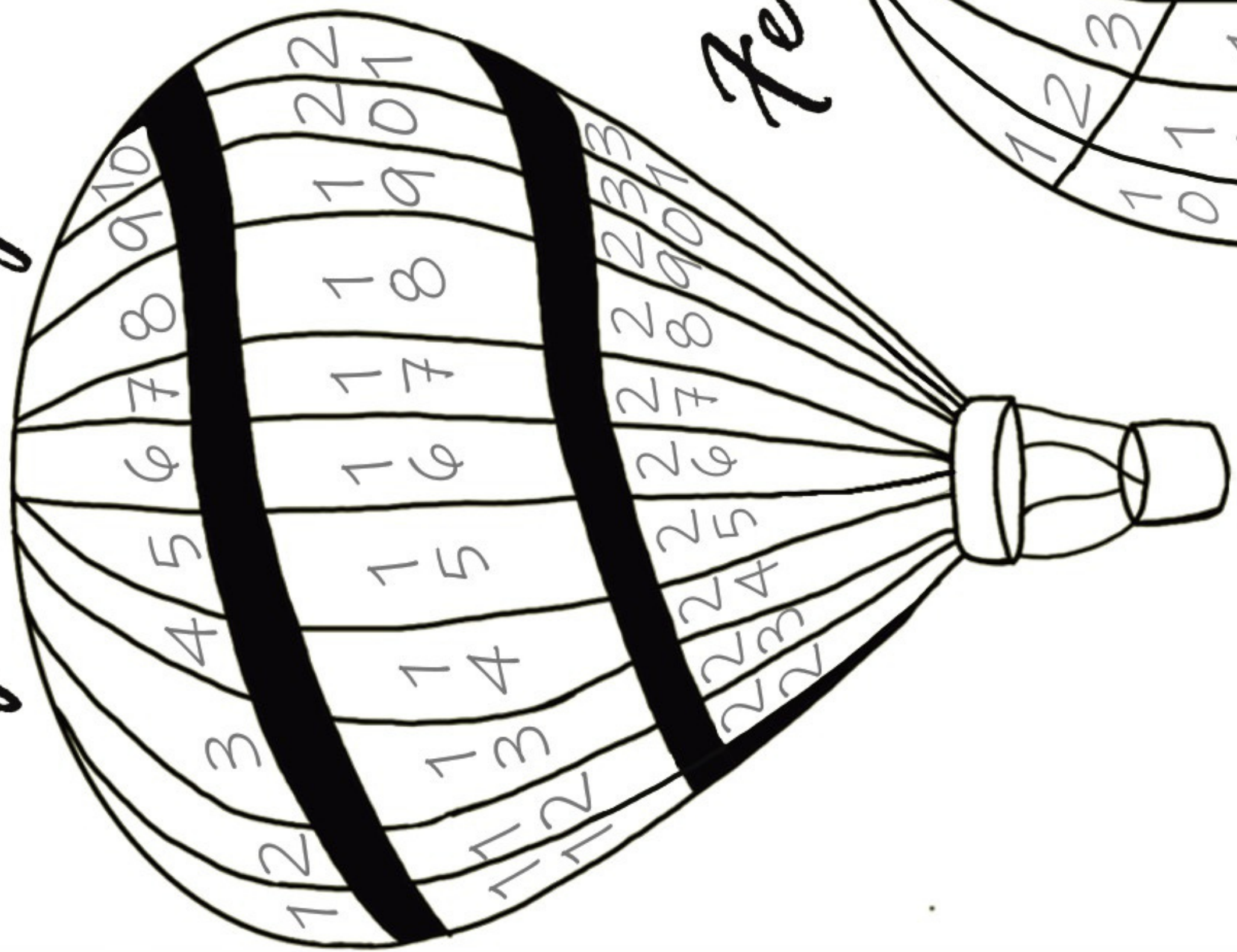
Please note that **if you do not attend or cancel** (with less than 24 hours notice) **3 times** then **therapeutic support** with our service **will be removed**.

While you are on our waiting list, on the following pages are a **couple of activities** you can do that you may find helpful in **supporting your well-being!**

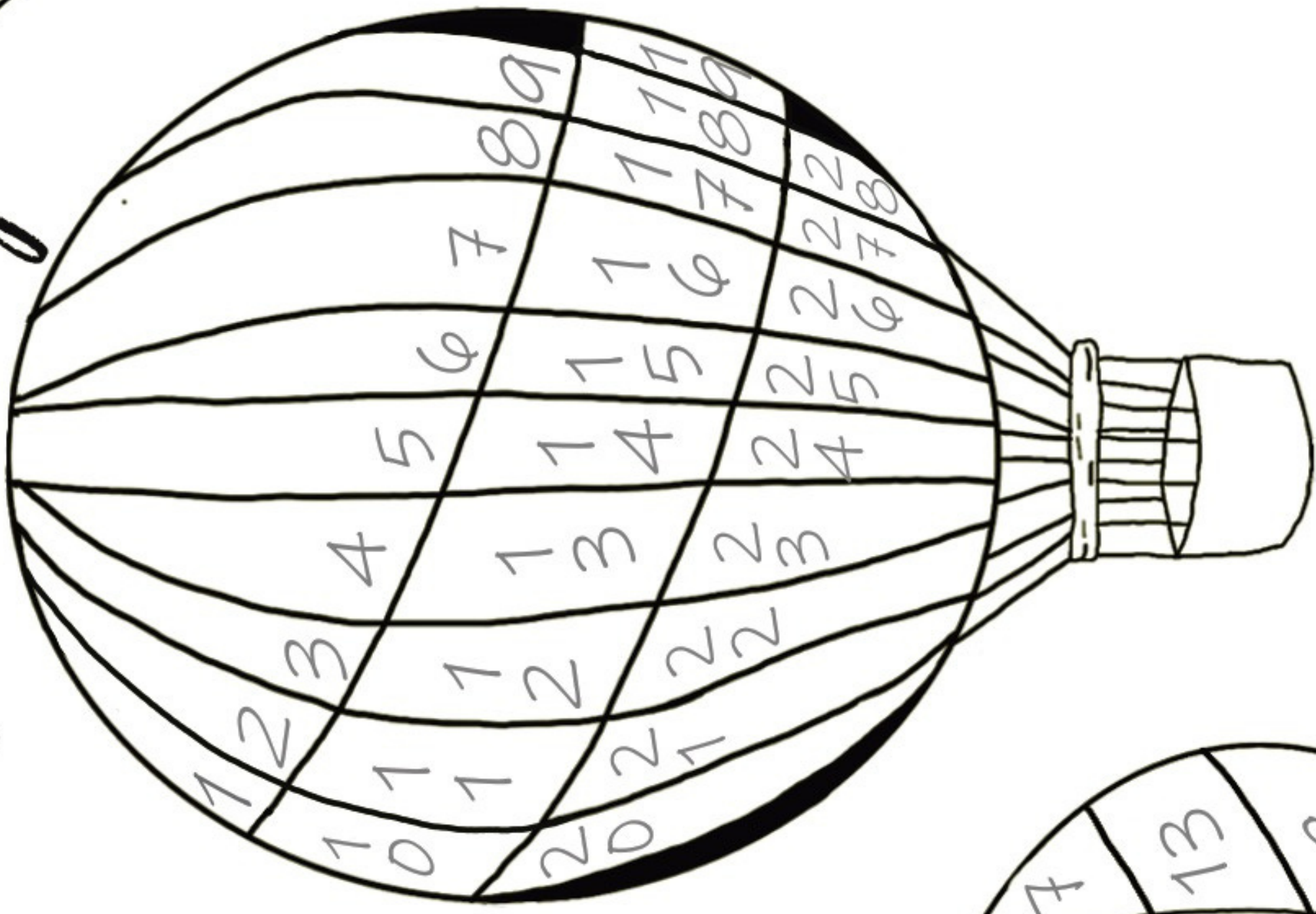


# Mood Journal

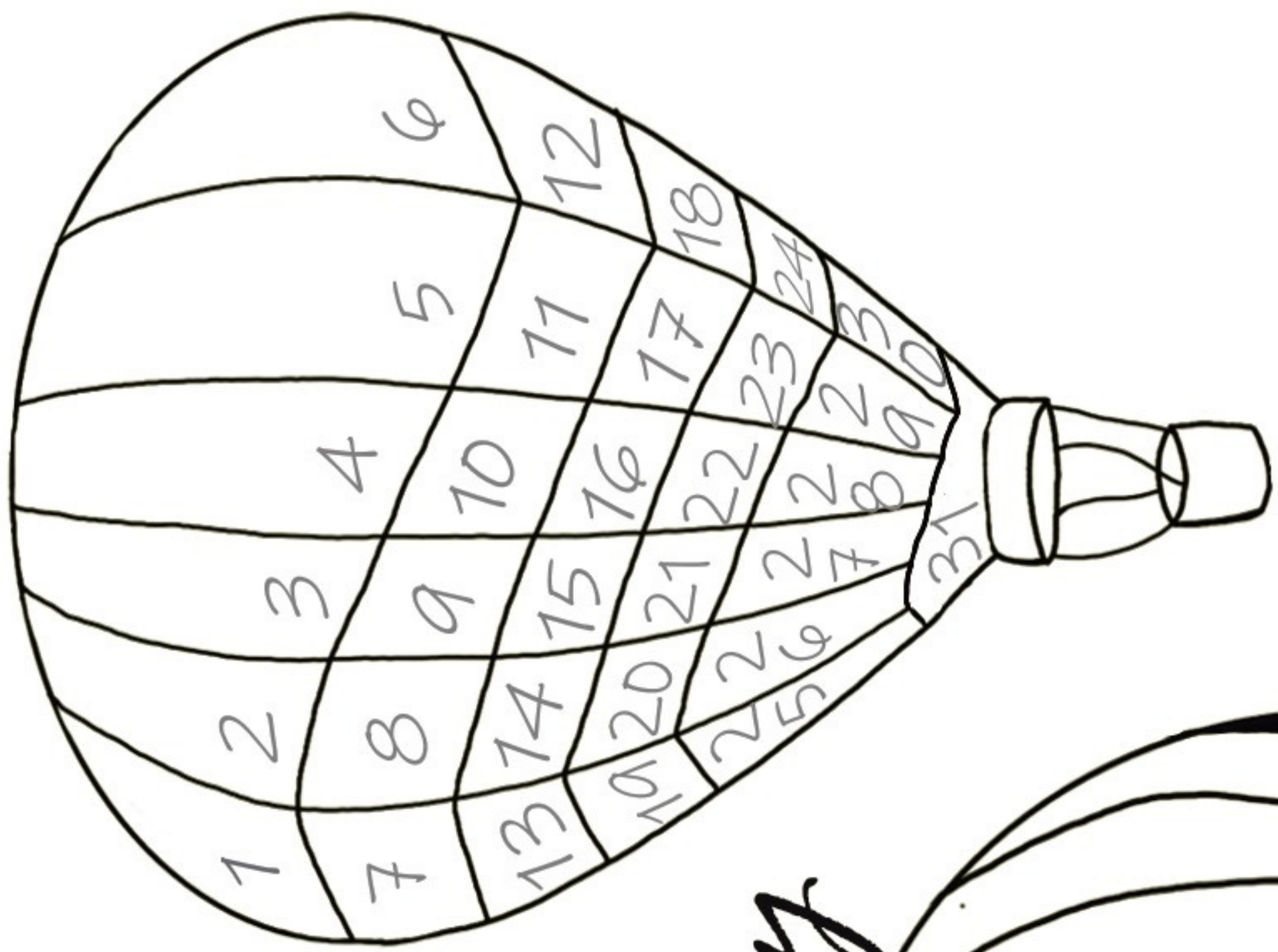
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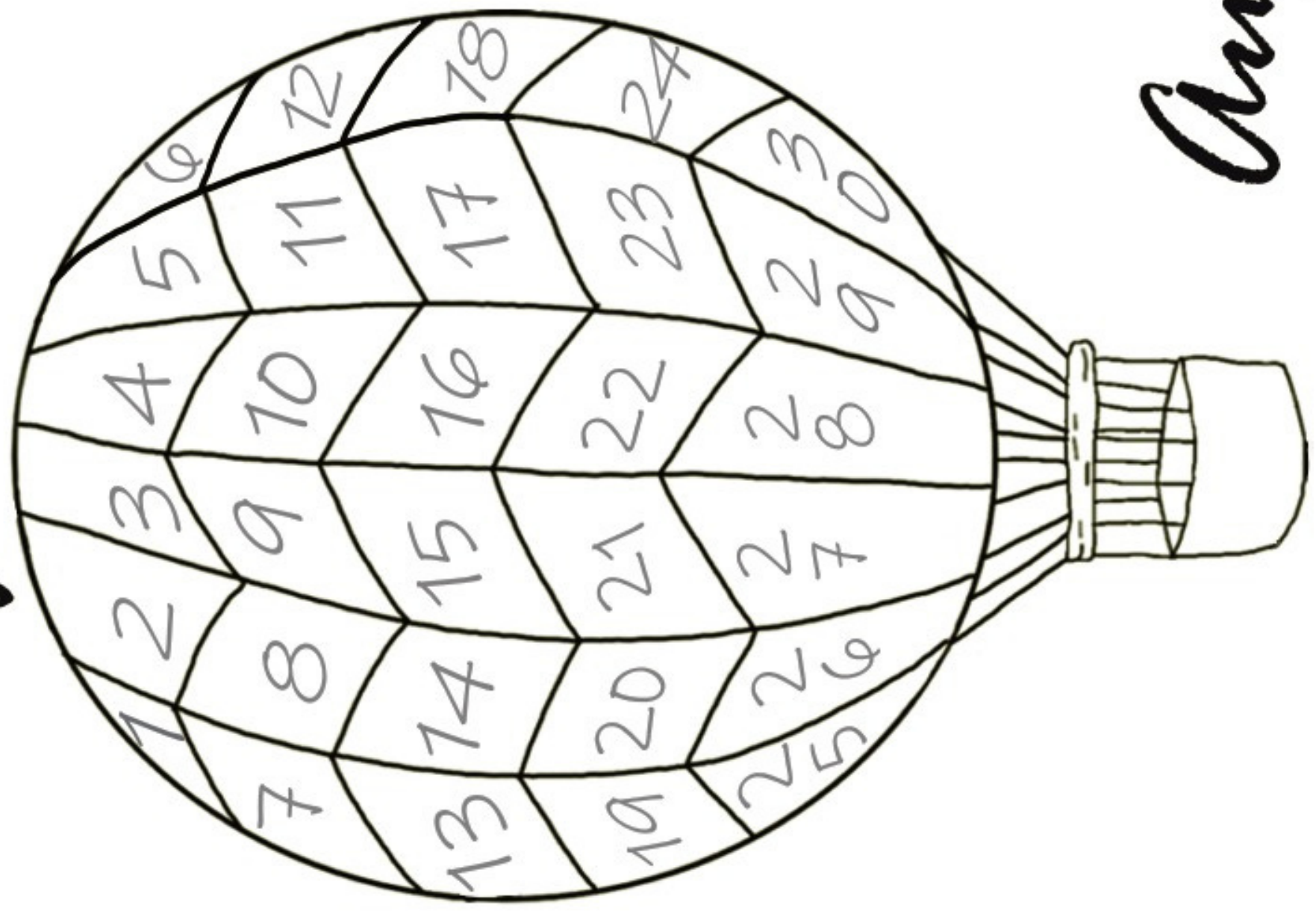
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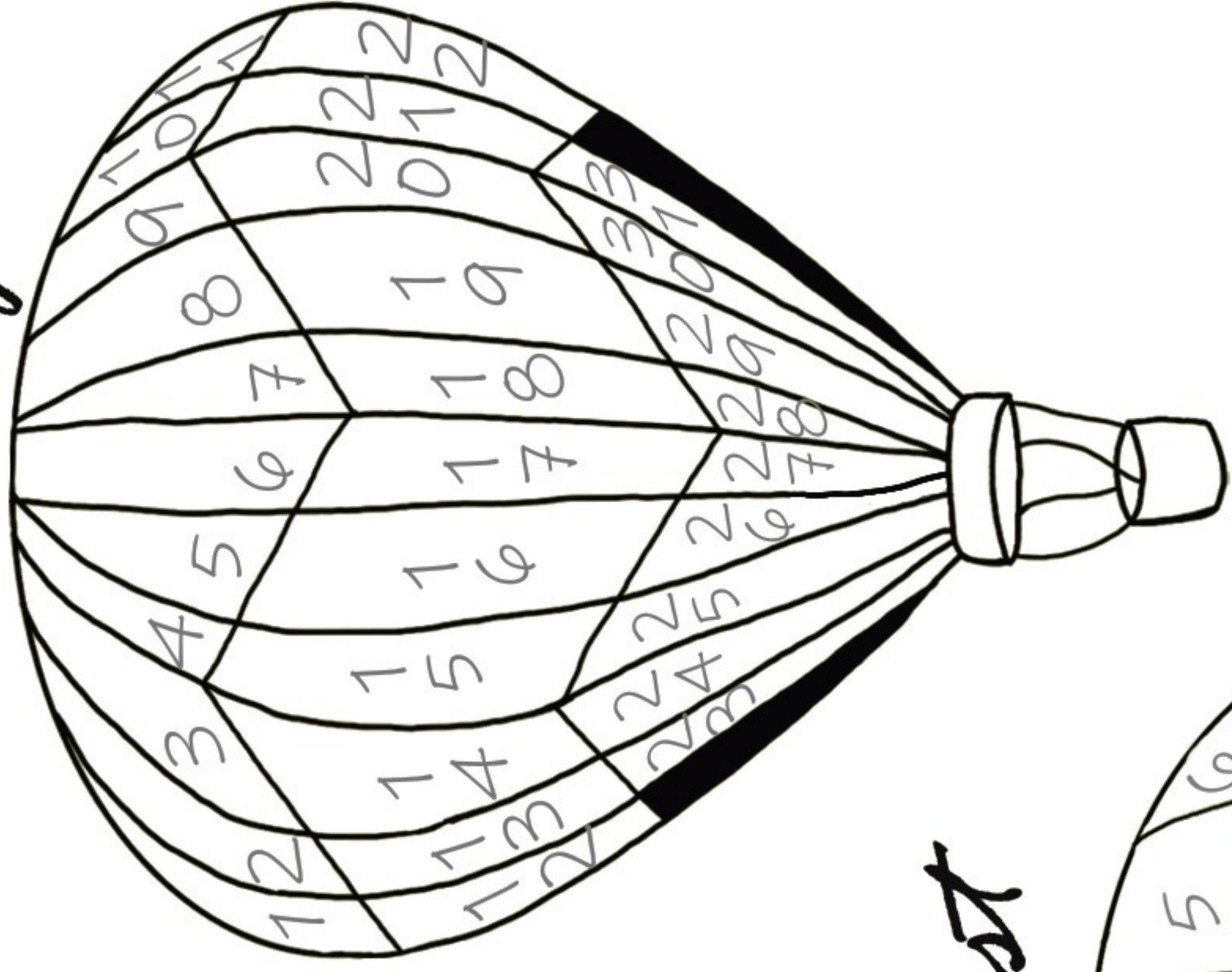
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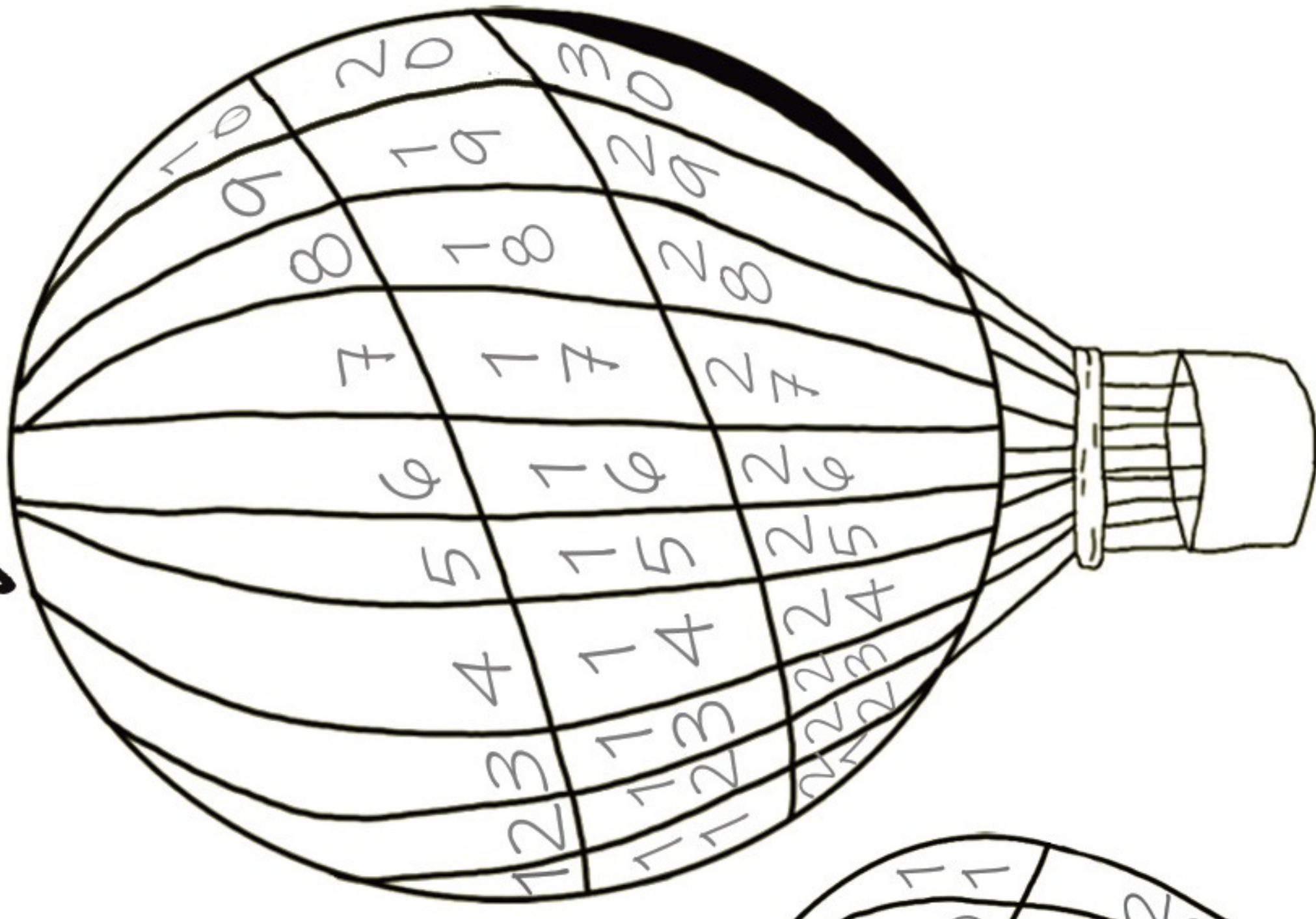
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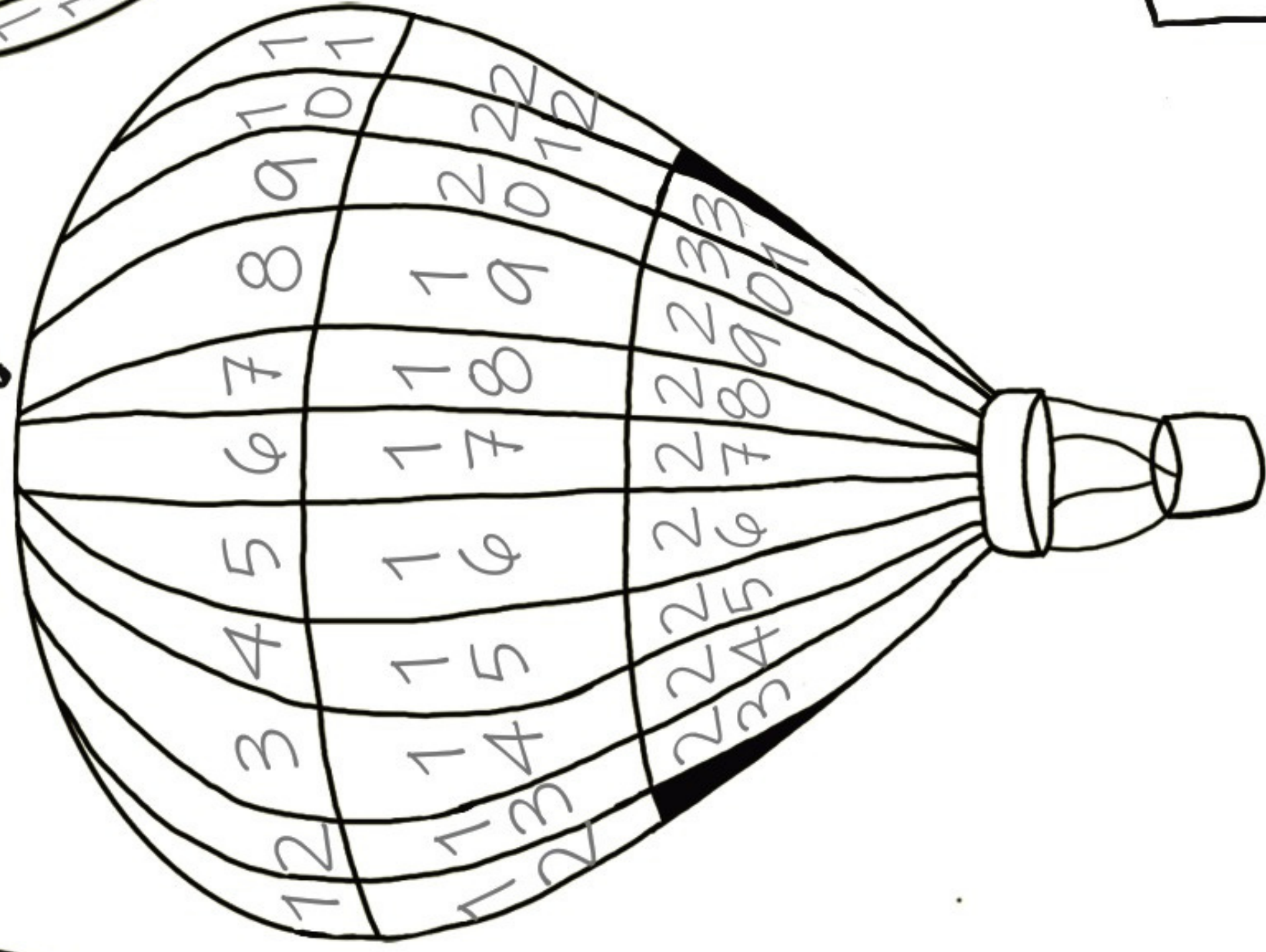
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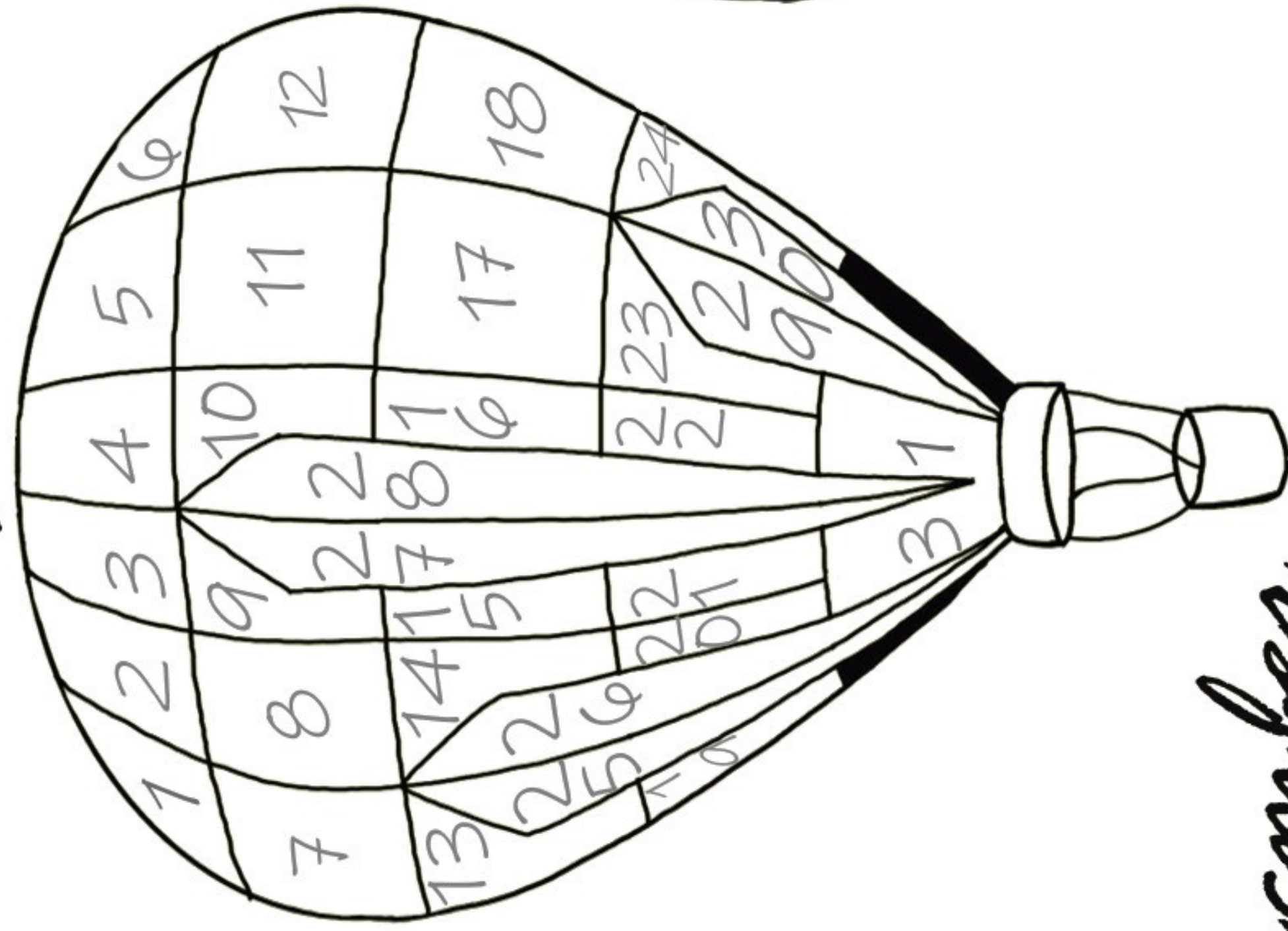
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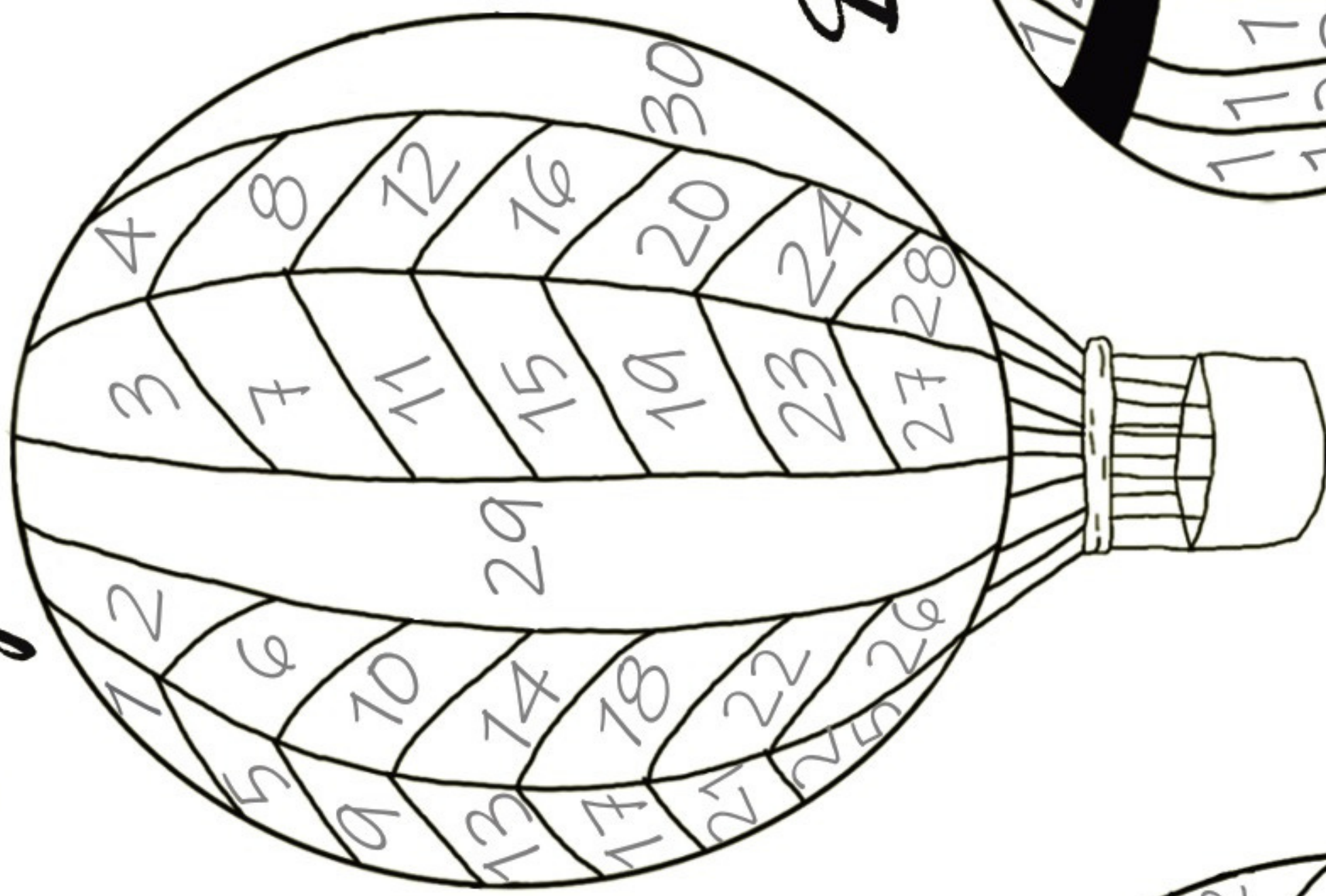
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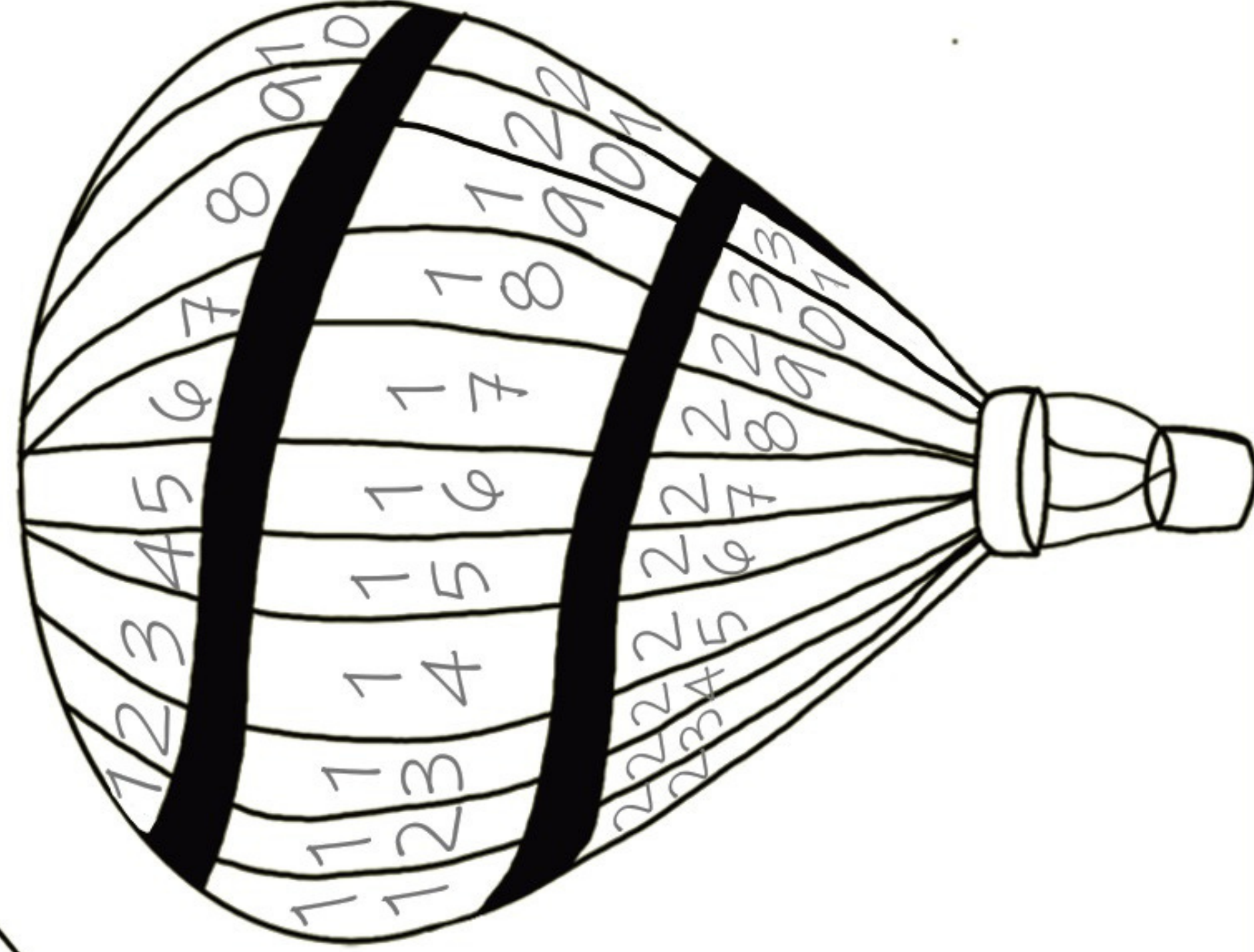
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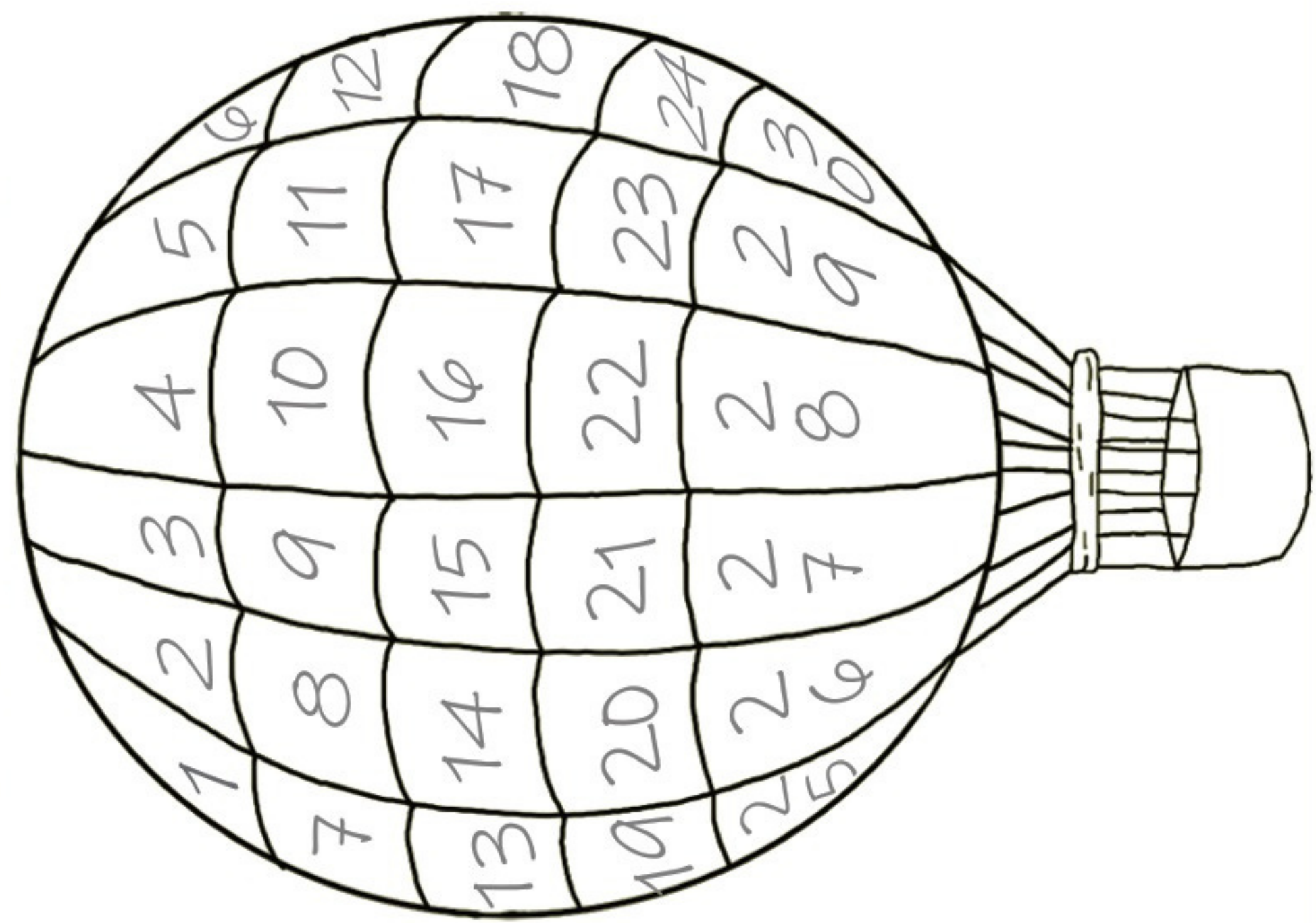
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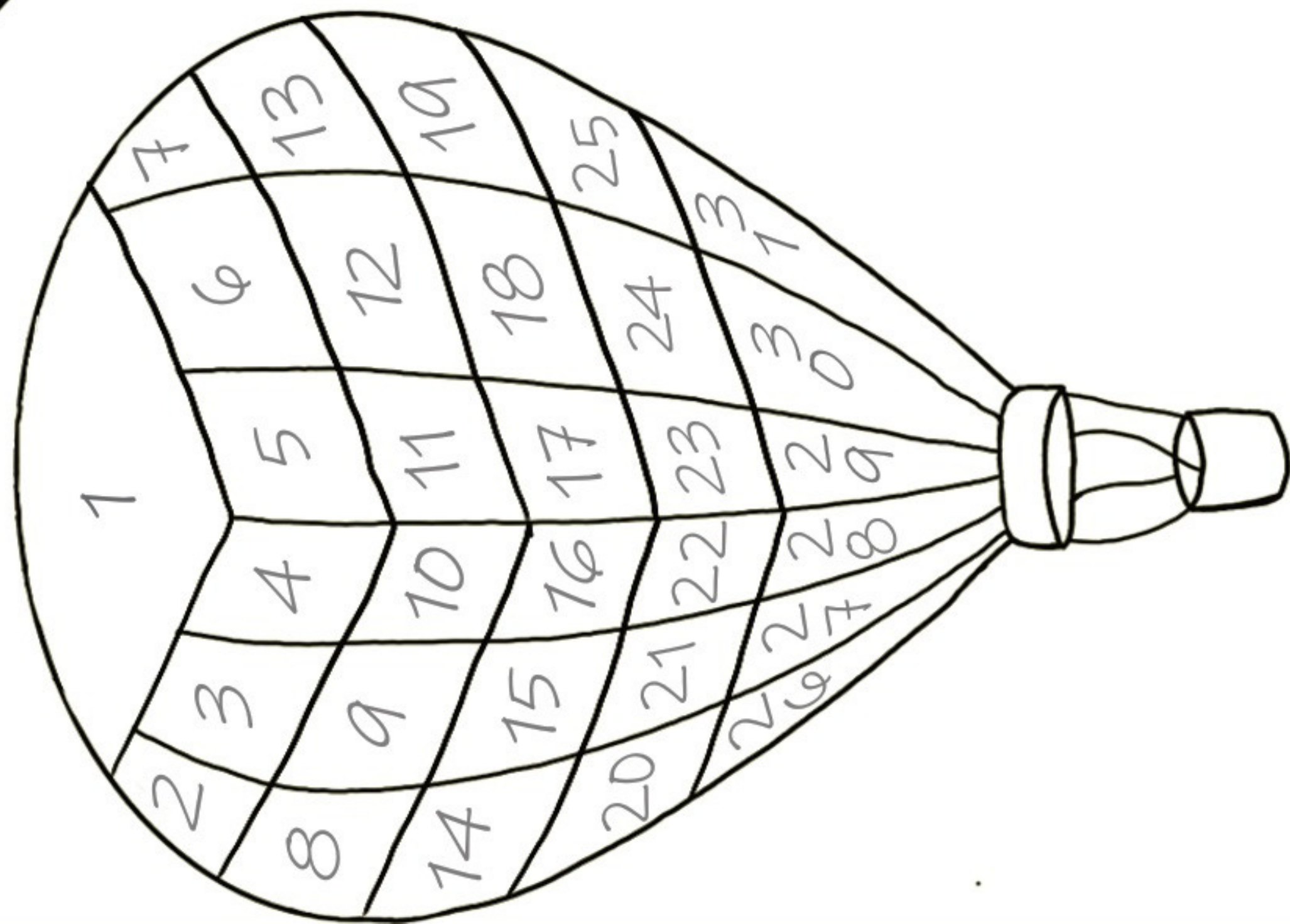
December



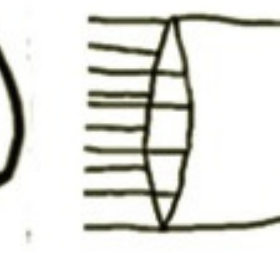
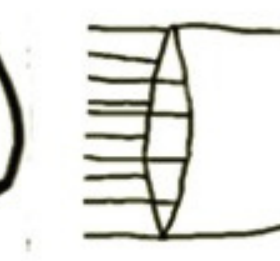
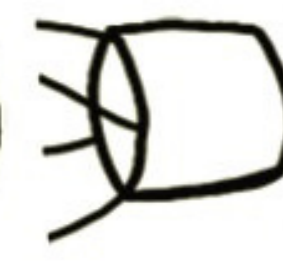
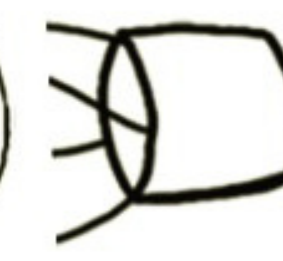
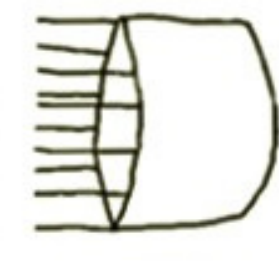
November



October



Key



Happy

Interested

Tired

Fearful

Anxious

Playful

Angry

Stressed

Hurt

Disgusted

Sad

Bored



# The 5 Ways to Well-being

All research shows that if you are **trying to manage mild/moderate well-being needs** that these are the **best self-care strategies** you can use:

INTRODUCE THESE **FIVE SIMPLE STRATEGIES** INTO YOUR LIFE



YOU WILL FEEL THE BENEFITS