

Welcome To My Time To Thrive



Changing Childhoods,
Changing Lives.

BARNARDOS



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[Lancashire and South Cumbria Thrive Service |](#)
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Welcome!

Thank you for your referral. You are now on our waiting list for an assessment with our Navigation Team. We know waiting for support can lead to a whole range of emotions. This booklet is for any young person who would like to know a bit more about our service. It is full of support information that can be used while you are waiting for one of our excellent practitioners.

**You are not alone.
Well done for taking
this first step.**

What can you expect from us?

Our Navigation Team will be in contact with you to make an appointment. They will complete an assessment and together, we will come up with a plan of support for you.

What do we need from you?

For you to tell us if anything has changed. For example, if you feel you don't need support from us anymore.

Before continuing, please make sure you have given us the best phone number to contact you on.







Here are some important contacts to help keep you safe...

 The Samaritans - 116 123

 Childline 0800 11 11

 Shout - text 85258

 Mental Health Crisis Team - 0800 953 0110

PAPYRUS HOPELINEUK

 0800 068 4141  Text 07860039967



Wellbeing & Mental Health

A guide to looking after yourself and others



Self-Harm
Wallet Card

How to use QR Code:

Open the camera app on your mobile phone and hover over the QR code, the camera will scan the code and the link will appear on the screen, press on the link and you will be taken directly to the website for support.

KOOTH

Online counselling and emotional well-being platform for children and young people, accessible through mobile, tablet and desktop.



Every Life Matters
Suicide Safer



What do you do?

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

Introducing My Time To Thrive

Advice and guidance

We will work with you to understand your difficulties and plan the best support for you



One to One Sessions

We will plan short term work designed to support you in reaching your goals



Group sessions

Together with other young people, we will share skills that empower you to improve your wellbeing



Finding you other local support

We will help you to understand who else can offer you support



What can I expect?

YOUR SESSIONS

MEETING YOU

The first thing we will do is meet with you to understand more about what you need and how we can help.

PLANNING SUPPORT

We will figure out what the best path of support is for you. This could be 1:1 sessions, or group sessions.

ARRANGING SESSIONS

The person supporting you will contact you to arrange your sessions

CANCELLING

Please try to let us know the day before if you need to cancel. We will do the same

BEING LATE

If you can, please let us know you are running late.
We will wait 15 minutes for you, then reschedule the session

CHANGING YOUR MIND

You might not want to keep coming to sessions.
That's ok, just let us know.
If we don't hear from you but you miss 2 sessions, we will stop your support plan.



You can't
stop the
waves, but
you can learn
to surf!

FIVE WAYS TO WELLBEING

Your
struggles
do not
define you!

While you are waiting, these are
5 of the best self care strategies
you can use



**BE
ACTIVE**

Do what you can do,
enjoy what you do
Move your mood



CONNECT

Talk & listen, be there
Feel connected



**KEEP
LEARNING**

Embrace new experiences,
see opportunities,
surprise yourself

FIVE WAYS TO WELLBEING



**TAKE
NOTICE**

Remember the simple
things that bring you joy



GIVE

Your time, your words,
your presence