

# WELLBEING SUPPORT

With all of the changes going on, some young people may feel unsure how to continue to support themselves and look after their wellbeing.

The Wellbeing Practitioners at Wellspring Counselling are offering free wellbeing support to children and young people (aged 11 to 18) during the Covid-19 outbreak.

We are able to offer an initial assessment session to establish whether this is the right support for you, followed by 5 telephone sessions to help you learn skills to boost your wellbeing.

This will involve working your way through our Wellbeing Workbook sent to you via email, and discussing the material during weekly phone sessions.

## What's included?

Relaxation Techniques  
Stress Management  
Scheduling in Activities  
Identifying Your Strengths  
Building & Maintaining  
Relationships  
Useful Websites & Resources

**If this is something you're interested in, please contact Krissie for more information on [krissie@wellspringcounselling.org.uk](mailto:krissie@wellspringcounselling.org.uk)**

*This support is suitable for mild difficulties with wellbeing or mental health. Unfortunately our Wellbeing Practitioners are not able to work with young people who are struggling with difficulties which are complex, causing high levels of distress or where the difficulties pose a risk to the young person's safety.*

Wellspring Counselling is a local charity providing affordable counselling for adults and donations-based counselling for children & young people in North Somerset.

Wellspring is only able to provide sessions thanks to donations, grants and fund-raising events. If you would like to donate, please visit:

<https://wellspringsomerset.btck.co.uk>

REGISTERED CHARITY NO. 1042995

