



## What is Future Focus?

All of us might experience mental health problems in our lives.

**Life has its ups and downs, and sometimes stressful events at home and elsewhere can make it difficult to manage.**

Sometimes if these things are left to build up, it can impact your mood or for some people it can lead to distressing and unusual experiences, such as having odd beliefs, or hearing and seeing things that are not there. These could be the early signs of psychosis.

Our service aims to support people early in their experiences to make sure any problems don't get worse. We work with people experiencing a broad range of difficulties with their mental health, and can support their family too.

Identifying any problems early and gaining basic skills could give you the confidence to deal with future life experiences, and reach your full potential in life.

## Who is the service for?

We work with people between the ages of 14 – 35 who are experiencing any of the problems below:

- Doing less than usual, feeling low in mood, and withdrawing from friends or family
- Sudden changes in the way you see things, or people
- Feeling suspicious or paranoid
- Having unusual beliefs that other people may not share
- Hearing or seeing things that other people can't

We also offer support to those who:

- Have a family member (parent or sibling) with experiences of psychosis
- Are struggling with motivation to do the things they used to do, such as looking after themselves or attending college, university, or work
- Find it difficult to talk or relate to people, or maybe feel anxious in social situations



## What does the service do?

We are a therapy lead service, and offer Cognitive Behavioural Therapy (CBT), either 1-1 or in groups. CBT is a talking therapy, where you can talk about your problems in a safe space and learn ways to cope.

We also offer support in:

- Understanding your experiences
- Lowering distress
- Learning coping strategies
- Managing anxiety
- Building up activities and self-care
- Money and benefits
- Housing
- Social networks and hobbies
- Education and learning
- Accessing further support

Future Focus is a confidential 'opt in' service, this means it is your choice to access support. You can talk to a member of the team to find out more.