



# Youth in Mind

- An integrated, community-based mental health service for children and young people (CYP) in Bradford, Airedale, Wharfedale and Craven
- Partnership between health, local authority and VCS
- Provides a range of person centred early intervention mental health and emotional wellbeing support for CYP including 1:1 and group support
- Aim to recognise and respond to the individual needs of each CYP in a person centred and inclusive way
- Goal based support



✓ the right support

✓ in the right place

✓ at the right time

# YIM Support



**Focussed, goal based support based on young person's own goals and needs**

## Themes

- Anxiety / stress
- School / college / employment
- Activities / opportunities
- Family relationships / home life
- Low Mood
- Friendships
- Low confidence / self worth
- Bullying
- Loneliness / isolation

## Outcomes

- Increased ability to recognise, articulate and manage emotions
- Increased confidence and self-esteem
- Return to school
- Reduced feelings of anxiety and low-mood
- Enhanced and healthier relationships
- Increased support networks
- Supported to access community groups
- Supported to access specialist support