

Barnardo's MyTime to Thrive Service

Young Person Leaflet

An Emotional Health and Wellbeing Service for children in Lancashire and South Cumbria that works alongside other mental health services using the Thrive model of care to provide the right service at the right time.



BARNARDOS

The Barnardo's MyTime to Thrive Service offers short-term therapy for children and young people struggling with their mental health and wellbeing. We support ages 5–18 and up to the age of 25 for those with additional needs. We offer a range of counselling and wellbeing interventions to suit your needs and preferences.

What we offer:

THERAPEUTIC GROUPS

After assessment you might be offered a therapeutic group, which will be in person or online for 6 sessions lasting 1 hour. We will teach you fun and interesting new ways to manage your feelings and emotions and you can share your experiences alongside other young people your age, with similar worries, helping one another.

ONLINE SUPPORT

We will send you online resources and links to helpful websites and apps. Both groups and 1:1 support can be delivered online if you prefer. Your worker will talk through options with you.

INDIVIDUAL THERAPY

We can work with you for up to 10 sessions of therapy in school or in a suitable place, using your preferred way to explore your thoughts and feelings. You might prefer talking or creative arts or play or walk and talk therapy. Your therapist will help you identify strengths and develop skills to improve your mental wellbeing and achieve your personal goals.

What is counselling?

Counselling is your space, you are in control of what you bring to sessions, it is a safe place for you to explore your feelings, gain emotional support for anything you might be facing or finding difficult.

Sessions can be challenging as change isn't easy and doesn't happen overnight, during or after your sessions you may feel a mix of emotions such as Sadness, Anger, Frustration, Fear, Hurt, Confusion, Relief, Happiness or Acceptance – these are all perfectly normal and ok. Together we will create an

environment where you feel accepted, safe, understood without judgement, or shame, a space where you can be your true self and not hide or feel embarrassed.

Your sessions are private, and we would not share what you have done or spoken about without your permission, unless we feel you are in danger or at risk of hurting yourself or that somebody you know may be in danger.

A little quote When we feel truly heard we can begin to listen to ourselves much better, feelings are more fully accepted in our "selves".

5 Steps to Wellbeing

1. Give to others

Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering can improve your mental well being and help you build new social networks.

2. Connect

With the people around you: your family and friends. Spend time developing these relationships.

3. Be active

You don't have to go to the gym. Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it part of your life.

4. Keep learning

New skills can give you a sense of achievement and a new confidence. What do you like? Maybe start learning to play a musical instrument or figure out how to fix your bike.

5. Take notice

Be more aware of the present moment including your feelings and thoughts, your body responses and the world around you. Some people call this 'mindfulness' and it can positively change the way you feel about life and how you approach challenges.

The CSSO Framework

The MyTime to Thrive Service works within the CSSO model, this is broken down into 4 key parts and describes an important part of how we work with young people.

Child-Young Person Directed

Being young person directed means giving you the 'driving seat' in your counselling. We will work with you to agree the changes you want and to find out which counselling methods work best for you.

Strengths Based

Being strengths based means focusing on the positives you have. When tough things happen it's easy to forget about your strengths. We will always focus on what is going right with you as well as the difficult stuff.

System Focused

Being system focused means thinking about the other people that can support you. The positive people in your life – friends, parents and other family members – can help you be strong during tough times. We will help you reach out to the people who understand you when you feel they could support you with a challenge.

Outcome Informed

Being outcome informed means listening to your feedback. At the start of each meeting we will ask you to complete a short form to show how things are going in your life and with your counselling goals. At the end we will ask you how the session went. We will use feedback to make sure your counselling is helping and that we are using the methods that work for you.

Find out more



T 01772 505138

W [barnardos.org.uk/get-support/services/
lancashire-and-south-cumbria-thrive-service](https://barnardos.org.uk/get-support/services/lancashire-and-south-cumbria-thrive-service)

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