

OUTLINE FOR ACCESSING SUPPORT

For young people aged between 11-18 (school years Y7 - Y13)

At Golddigger Trust we take a youth-work approach and our Wellbeing courses are underpinned by psychoeducation.

WELLBEING SUPPORT AVAILABLE



START YOUR GOLDDIGGER TRUST JOURNEY

Our wellbeing courses and activities can support most young people in the following:

- **SELF ESTEEM**
(confidence, healthy body image and appearance)
- **MANAGING CHALLENGING EMOTIONS**
(providing alternatives to harmful behaviours and building resilience)
- **EXPLORING APPROACHES TO RELATIONSHIP**
(Learning how to deal with struggles and managing conflict)
- **EXPLORING CONSENT AND SEX**
(Learning how to make informed decisions)
- **EXPLORING WHAT MAKES HEALTHY FRIENDSHIPS AND RELATIONSHIPS**
- **LEARNING HOW TO BE SAFE ONLINE**
(For example, around social media platforms)
- **HOW TO LIVE YOUR BEST LIFE AT SCHOOL**
(Feeling prepared to approach stress and exam pressure with confidence)
- **HOW TO BE MINDFUL OF YOUR WELLBEING**
(In response to family struggles, arguments, disagreements and separations)
- **HOW TO FEEL MORE MOTIVATION TOWARDS THE FUTURE**
(Find a sense of belonging, and become more emotionally aware to look after yourself better)
- **HOW TO MANAGE ANXIETY WITH COPING STRATEGIES**
- **DEALING WITH UNEXPECTED CHANGE AND THE UNKNOWN WITH SOLUTIONS**

NEXT STEP:

Visit www.golddiggertrust.co.uk and click *New Here?* to register with us.



**WE SUPPORT YOUNG PEOPLE WITH
GENERAL WELLBEING.
TARGETED SUPPORT IS RECOMMENDED
ALONGSIDE OUR WELLBEING COURSES.**

- **Gender identity and sexuality**
- **Deliberate and/or impulsive self harm with no intention to do it again, suicidal ideation, intrusive thoughts**
- **Disordered eating**
- **Bereavement and loss**
- **Family breakdowns** e.g. Looked After Children (LAC), estranged from family
- **Historical trauma**
- **Depression, panic/anxiety attacks**

IF ONE OR MORE OF THE ABOVE APPLY TO YOU:

- 1. Book a registration chat at Golddigger Trust**
- 2. Seek other external specialist support. You can find a short list of these at:**

www.golddiggertrust.co.uk/other-options-for-support

www.sheffieldmenathealth.co.uk



**OUR WELLBEING COURSES AND ACTIVITIES
CANNOT SUPPORT THE FOLLOWING:**

- **Immediate mental health crisis**
- **Active self harm with intention to take their own life**
- **Compulsive behaviours** e.g. OCD
- **Diagnosed eating disorders** e.g. anorexia, bulimia
- **Active substance abuse** or under the influence of drugs or alcohol
- **Bipolar, personality disorder, psychosis, clinical depression**

SEEK ALTERNATIVE SPECIALIST SUPPORT