

Please use this space to tell us anything else you think would be useful for us to know

Do you have issues with any of the following:

- Violence / aggression
- Damage to property
- Risk to children
- Use of illegal substances
- Use of alcohol to excess
- Inappropriate sexual behaviour

If you have ticked any of the above, please give details

Signature

Please return form to:
Great Yarmouth & Waveney Mind
28–31 Deneside, Great Yarmouth NR30 3AX

YPiM is **NOT** a crisis service

If you feel like harming or hurting yourself or other people:

- Call 999
- Go to your nearest A&E department

For non-emergency situations:

- Visit your GP
- Contact your out-of-hours GP
- Call NHS Direct on 111 (24 hours)

If you would like to talk to someone about your problems, then you may find an emotional support line useful.

Some to try are:

- Samaritans
24 hours – Telephone 08457 90 90 90
- Sane Line
6–11pm every day – Telephone 0845 767 8000
- Childline
24 hours (up to 19 years) – Telephone 0800 1111

Great Yarmouth & Waveney Mind
28–31 Deneside
Great Yarmouth
NR30 3AX

Tel. 01493 842129

Email reception@gywmind.org.uk
Visit our website www.gywmind.org.uk
Follow us on Facebook

Reg. Charity number 1059886
Company number 3282832

YPiM

Emotional support for young people



www.gywmind.org.uk

 **mind**
for better mental health

Great Yarmouth
and Waveney

What is YPIM?

- 'Young People in Mind' is a service of Great Yarmouth & Waveney Mind
- Providing emotional support for young people aged 14-25 years who are resident in Great Yarmouth or Waveney

WHO we support

Young people aged 14-25 resident in the boroughs of Great Yarmouth or Waveney.

WHAT we can support with

- Anxiety
- Low mood
- Self harm / suicidal thoughts
- Mental health conditions
- Emotional difficulties around food/ body image
- Emotional difficulty as a result of substance misuse, poor sleep patterns, anger etc
- Communication skills
- Relationship difficulties at home, friends, education or work
- Coping with traumatic events

WHO we cannot support

Due to limited resources, unfortunately we are unable to support young people who:

- Have support from Mental Health Services (Northgate / Meridian House)
- Use life threatening behaviours
- Have developmental delay / disorders or ADD/ADHD, Autistic Spectrum Disorders or Learning Difficulties

ONE to ONE support

If you need someone to offload to or talk to about your problems, our team of male and female support workers:

- Are experienced caseworkers
- Understand issues young people face
- Are non-judgemental
- Are great listeners

Appointments are:

- Weekly
- For 40 minutes
- For up to 18 weeks (may be longer in some cases)

Counselling service

Our experienced counsellors provide a safe place to explore issues which influence how you feel, so dealing with them becomes easier.

Appointments are:

- Weekly
- For up to an hour
- For up to 18 weeks (may be longer in some cases)

For more information about counselling see our separate counselling leaflet.

Self Referral

To be completed by the young person requesting support.

If you are a support worker requesting support on behalf of a young person, please use our [agency referral form](#).

First name	Surname
Address	
Date of birth	Male <input type="checkbox"/> Female <input type="checkbox"/>
Telephone	
Email	
Can we contact you by: Phone <input type="checkbox"/> Email <input type="checkbox"/> Text <input type="checkbox"/>	
Can we (tick if yes): – leave a voicemail <input type="checkbox"/> – leave a message with a person on this number <input type="checkbox"/>	
Do you need an appointment outside education/office hours? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Support required from Young People in Mind	
<input type="checkbox"/> Anxiety	
<input type="checkbox"/> Low Mood	
<input type="checkbox"/> Self Harm or suicidal thoughts	
<input type="checkbox"/> Sleep difficulties	
<input type="checkbox"/> Confidence and self esteem	
<input type="checkbox"/> Emotional difficulties with Food/Body Image	
<input type="checkbox"/> Difficult relationships (home/education/work)	
<input type="checkbox"/> Managing anger	
<input type="checkbox"/> Coping with traumatic events	
<input type="checkbox"/> Other, tell us more below	

All our services are free and confidential...

we do not share your information without your consent unless we feel you are at risk