

Young Person's Health & Wellbeing Service during COVID-19

Who I am:

My name's Terri. I'm a Health and Wellbeing Practitioner at Door 43, a young people's emotional wellbeing service, part of Sheffield Futures.

What I can offer:

Confidential 1-2-1 telephone or video-based wellbeing support and guidance for young people, with wellbeing resources being sent via email.

A course of wellbeing support spanning approximately 6 weeks (This is flexible given the COVID-19 circumstances. The length of support can be reviewed and extended if necessary).

Wellbeing support that will help young people to:

- Understand more about their wellbeing and set goals to improve it.
- Receive confidential support and guidance.
- Gain access to wellbeing self-help resources, services and activities.
- Develop and work through a wellbeing support plan with regular reviews.

I can also provide advice, guidance or information to GP's with young patients or parents who are querying wellbeing advice or support.

Who this is for:

Young people aged between 13 – 18 who are willing to engage with a Health & Wellbeing Practitioner.

Young people looking for wellbeing support with difficulties such as:

Low mood, anxiety, stress, low self-esteem, low confidence, difficulties at home, bullying, online safety, loneliness, social isolation, difficulties accessing education or work.

Who this isn't for:

Young people whose difficulties are:

- Severe, complex and enduring emotional/behavioural/mental health difficulties.
- High risk.

How to access:

Your GP can make a referral for you so that you can access the 1-2-1 service.

We have increased the amount of open access support we offer as we recognise that this time will be particularly difficult for young people that were already experiencing low mood, anxiety and other challenges. The team are providing daily online content on different topics via Instagram's IGTV, such as staying active while at home, motivation and managing uncertainty. We are also writing weekly blogs on staying well at home. Go follow Door43 on Instagram @Door43_ or click [here](#)