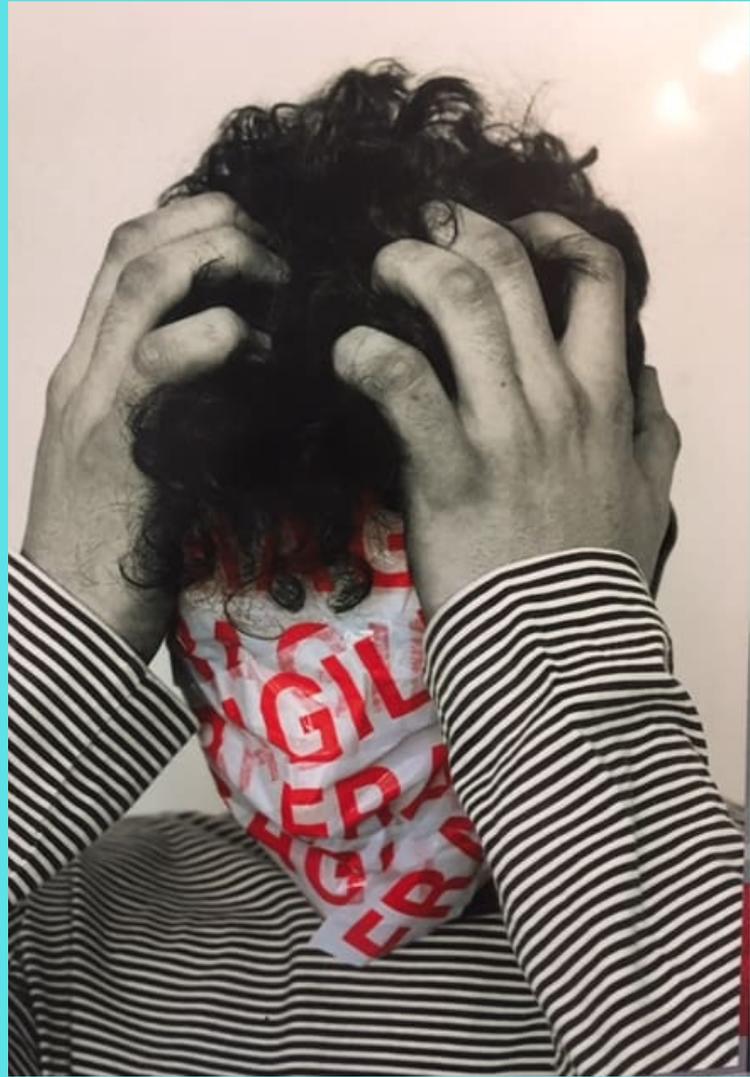
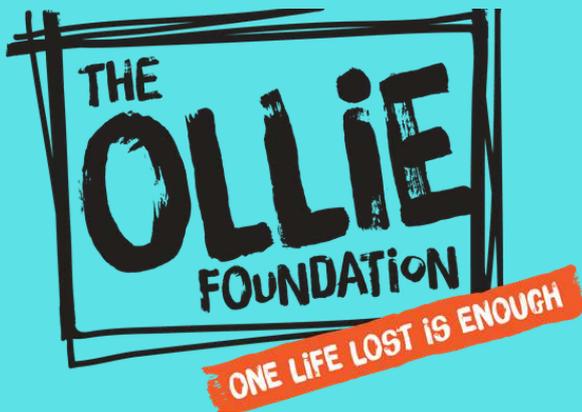


HOME FOR THE HOLIDAYS

MENTAL HEALTH
SUPPORT FOR OUR
YOUNG PEOPLE THIS
CHRISTMAS AND INTO
THE NEW YEAR



WE KNOW THAT SO MANY YOUNG PEOPLE ARE REALLY
STRUGGLING.

WE ARE HERE TO HELP. WE ARE DELIVERING ONLINE
MENTAL HEALTH SUPPORT AND TRAINING OVER THE
WINTER MONTHS. WE'VE GOT YOUR BACK.

ONE LIFE LOST IS ENOUGH.

WE ARE DELIVERING WEEKLY ONLINE SUPPORT SESSIONS THAT
ARE ALL FREE AND OPEN TO ALL YOUNG PEOPLE - AIMED AT
UNIVERSITY, COLLEGE AND SIXTH FORM STUDENTS.

OUR OFFER - WEEKLY SESSIONS

Please click the links to reach the Eventbrite booking Page and reserve your space. For all sessions, please allow 90 minutes from start time.

Keeping Safe & Carrying On

This talk looks at how the brain processes fear, anger, etc and how we can get trapped by negative thoughts that can then create a sense of overwhelm and then looks at what we can do about that. During this talk we will touch on the neuroscience and biology of emotion as well as philosophy and CBT. You will come away with some great tips for managing moments of overwhelm, stress, sleeplessness and loneliness.

"Thank you very for putting together this workshop, I know that this has helped me. The people who led the zoom call where extremely understanding and helped me to talk about topics that I would normally struggle to do"

Tuesday 29th of December at 2:00 pm

Saturday 2nd of January at 10:30 am

Monday 4th of January at 11:00 am

Goal Setting

This course looks at the science of goal setting and teaches proven methods that will support delegates to reach their goals. Whether your goal is to get out of bed today or to tell your friends about how you've been feeling, this course will help you develop a clear strategy to make your goal a reality.

"The slides are really useful and I like the way this works - changes my mindset"

"A very practical approach to actually making change happen, I have since achieved my goal"

Friday the 18th of December at 4:00 pm

Wednesday the 30th of December at 2:00 pm

Sunday the 3rd of January at 2:00 pm

ONE LIFE LOST IS ENOUGH.

OUR OFFER - WEEKLY SESSIONS

Please click the links to reach the Eventbrite booking Page and reserve your space. For all sessions, please allow 90 minutes from start time.

Talk Safe, Plan Safe

This talk will cover the basics of how to support and keep safe, someone who is struggling with suicidal thoughts. In this 90-minute session you will gain an insight into suicide in young people, learn some key principles of suicide prevention. Includes an introduction into strategies such as creating a safe plan, crisis plan and comfort box.

"Thank you, that was absolutely brilliant. I feel better equipped to support someone with suicidal feelings. This hour has helped me enormously"

"I have to say I was totally blown away by this talk delivered with such knowledge, empathy, and providing delegates with strength, hope and calmness"

Wednesday the 16th of December at 7:00 pm

Sunday the 20th of December at 4:00 pm

Tuesday the 5th of January at 12:00 pm

Monday the 11th of January at 12:00 pm

Talking of Men

A raw and honest talk created by men for men. This talk looks at a range of 'lifestyles' that can interfere with wellbeing including orthorexia, gaming, gambling and online porn and explores how we can support ourselves and each other. Delivered by our expert team with lived and or academic experience of the issues covered.

Tuesday the 5th of January at 10:00 am

Monday the 11th of January at 2:00 pm

**PLEASE SHARE THIS FLYER WITH ANYONE WHO WOULD
FIND IT USEFUL.**

ONE LIFE LOST IS ENOUGH.