

YOUNG PEOPLE

PURPOSE

OPTIMISM

Our vision is sustainable wellbeing for all.

We work with young people to promote wellbeing through a combination of peer support, workshops and courses, 1:1 support and volunteering opportunities.

We believe that all young people have innate strengths. Connecting with these strengths is where the work starts.

We work with people aged 14 – 25 in a range of settings to promote wellbeing.

We bring young people together so that they can connect and share their experiences with others that may be facing similar challenges to their own.

We don't try to 'fix' people, we listen and work with young people to find new ways and strategies that help to promote their wellbeing.

HOPE

AGENCY

No one needs a diagnosis to access our projects, we work with anyone who is struggling.

We believe it's important for young people to know that whatever they're facing, they're not alone or isolated.

“Wellbeing involves a sense of purpose, optimism, hope, agency and direction”

Shawn Ginwright

Hope, Healing, and Care

DIRECTION

BRIGHTER FUTURES

FIND OUT MORE

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PLATFORM

For mental health and social change