

What happens next?

We will meet with the young person and discuss their issues in a confidential setting. We can also, with their permission, speak with parents/carers, to ensure they are aware of how best to support them in this work.

Once they have worked with a member of staff to recognise and set goals, a support plan is mutually decided. We may work with other appropriate agencies to ensure the best possible outcomes. We work in partnership with YMCA Dialogue and Kooth counselling services to provide both face to face and online counselling, as well as agencies such as:

- Children and Adolescent Mental Health Services Primary Mental Health Team.
- Social Care and Early Help Services
- Targeted Youth Support groups
- Right Here Activity Based Therapy

We can signpost or refer young people to the independent Children and Young People's Emotional Wellbeing Advocacy Service provided by Mind in Brighton and Hove. Advocates ensure that children and young people's views are heard and respected and help them to obtain the services they need.

Important information

Information Sharing

We will always encourage young people to allow us to share information about the work we will be doing as part of their support plan. They will be asked to sign a confidentiality and information sharing agreement. This will ensure they are clear that we have a duty of care to their safety and wellbeing as part of our safeguarding policy.

What support is there for parents/carers/family/friends?

We know that this can be a frustrating, anxious and difficult time for loved ones and we would like to be able to help them to access their own support alongside a young person's journey with us. We can signpost family and friends to various organisations and websites to support them.

We are not an emergency service

Our staff and centres working hours differ and caseworkers have many other young people on their caseloads. This will mean that appointments vary in frequency depending on need.

If a young person does experience any issues that are presenting as urgent and needing immediate medical/psychiatric attention they should contact their GP or local Accident and Emergency Department.

In partnership with:

Sussex Partnership NHS Foundation Trust | Mind Advocacy | YMCA Dialogue/Xenzone | FindItOut | WSCC.



Youth Emotional Support



What is Youth Emotional Support?

West Sussex Young People's Service offer a voluntary service for young people aged 11-18 years that helps them to identify, acknowledge and work through difficulties they may be facing that are having a negative impact on their emotional wellbeing. We are able to offer free support to young people through our FinditOut centres located around the county. We offer a range of services tailored to meet their needs, in a confidential, non-judgemental way, remaining young person focused at all times.

Staff are trained to work with all aspects of the challenges of adolescents and assist young people in making positive choices in their journey to improved emotional wellbeing. These include young-person centred counselling, targeted group work or one to one intensive support along with partnership working with various agencies that can support and advise young people.

"I feel better because I decided to change my thinking... I learned techniques for relaxation and combatting anxiety"

(Male aged 14)

"My Mood and life have changed for the better since working with my YES worker"

(Female aged 14)

"Each session has provided me with constructive advice to help me and improve my wellbeing"

(Female aged 17)

Who is referred to Youth Emotional Support and how can I access it?

Some young people are referred to us directly from their GP, or their details may have been passed to us from the Children and Adolescent Mental Health Service. This means that their presenting difficulties have not been identified as a Mental Health issue, more Emotional Wellbeing issues that our service can support them with.

Young people can also self-refer by walking into or contacting their local FinditOut centre.

Findit Out centres are located countywide and can be found on our webpage: www.yourspacesussex.co.uk. Please search FinditOut or Youth Emotional Support.

You can also contact us on yes@westsussex.gov.uk.



What can I expect to happen with this work?

We aim to work directly with young people to assess, plan, and enable them to identify areas that they would like to make positive changes in, and build resilience. Depending on their presenting issues, we can work with young people in a number of ways including one to one support if this is needed.

What type of issues do we work with?

Young people are faced with many issues relating to the challenges of adolescence which may include school, family and relationship problems that come with this difficult time. When young people find the pressure too much to manage this can present in behaviours such as:

- Self-harming
- Low mood and mild depression
- Difficult relationships at home and with friends
- Anger issues
- Low self-esteem and confidence
- Anxiety
- Sleeplessness
- Some suicidal thoughts
- Disengagement from participation and education
- Difficulty with eating and weight