



Support Available for Young People

Stay Well

Stay Well is a mental health service for young people aged 8-18 made up of three providers: Changes YP, North Staffs Mind CYP & the Dove Service.

We can offer various workshops regarding Wellness, weekly peer support meetings and access to 1:1 counselling.

If your child is struggling with emotional distress, you can contact us on:

Call: 01782 418518

Email: info@staywellcyp.org

Website: changeshere4u.org.uk

Facebook: facebook.com/staywellcyp

Instagram: [@staywellchanges](https://instagram.com/@staywellchanges)



Immediate support can be accessed via:

Speak Up Space



Speak Up Space is an Instant Messaging Service for young people, up to the age of 18, in Stoke-on-Trent. It offers anonymous and confidential support 7 evenings per week without a referral or a waiting list.

www.speakupspace.org.uk

