

## What can I tell young people about the Supporting You programme?

- This programme lasts for seven weeks and the young person must be able to attend all sessions.
- It is run by Youth Workers who are trained to deliver this programme.
- The programme is based on CBT techniques, which stands for Cognitive Behavioural Therapy. CBT looks at the links between the way we THINK, what we FEEL, and what we DO (thoughts, feelings and behaviours).
- It's suitable for young people as a very early intervention.
- Young people will be put in groups with others of similar age.
- Young people will learn strategies in a fun, workshop type environment that can support you reduce, stress, anxiety and or low mood.
- It's free.
- After being booked on, a Youth Worker will contact the young person and arrange one-to-one interview to explain the programme in more detail and complete some pre-course paperwork.
- The programme is being evaluated and so the young people will be asked to complete pre and post evaluations and feedback.

## Young people who attended this course said...

"Thank you so much for allowing me onto this course. These methods will be really useful and will help me handle any stresses or concerns I have in the future."

"I like how it is very practical and straightforward, the skills are really simple and easy to remember."

"This course showed me how my goals can be achievable."

"Rather than just say 'reduce negative thinking' the skills I have learnt have given me practical techniques to use."

### If you have any concerns or questions contact:

[supportingyou@hertfordshire.gov.uk](mailto:supportingyou@hertfordshire.gov.uk)

Please note this email account is only monitored during normal working hours.

0300 123 7538

[www.ychertfordshire.org](http://www.ychertfordshire.org)



Supporting You

Part of the Empathy Project



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## Supporting You

YC Hertfordshire is delighted to announce the launch of *Supporting You*, a seven week referral programme, aimed at young people aged 11-17 who are:

1. Beginning to show very early signs of distress due to anxiety or low mood.
2. Not currently receiving any mental health support from another service.



## Supporting You groups



**Supporting You groups provide 2-hour sessions in a friendly atmosphere, once a week for seven weeks.** Up to 12 attendees per group will learn 12 CBT skills plus a method for planning how to achieve goals. Sessions are run by Youth Workers and are based on cognitive behaviour therapy (CBT) techniques.

Supporting You is based on the Decider Programme, a CBT programme developed by experienced Cognitive Behavioural Psychotherapists in co-production with service users.

### The Decider Programme is:

- Evidence-based and effective.
- Memorable and easy to use.
- Creative, fun and interactive.

## What is CBT?

CBT stands for Cognitive Behavioural Therapy. CBT looks at the links between the way we THINK, what we FEEL, and what we DO (Thoughts, Feelings and Behaviours). It considers how we think about ourselves, the world and other people, taking into account our early experiences. CBT skills can help us override any unhelpful automated responses that may be contributing to stress and anxiety.

## Who is this programme for?

This is a prevention and early intervention programme aimed at young people aged 11-17 who live, work or receive education in Hertfordshire and who can be described as:

1. A young person who is just beginning to express concerns relating to stress, anxiety or low mood but typically functions well, is not adversely effected on a regular basis by these concerns and would not meet the criteria for another intervention.
- Or,
2. A young person who has completed a successful engagement with a counsellor but would benefit from a group programme to reinforce the support received as part of a successful exit strategy.

## Who can refer into this programme?

Professionals working in Hertfordshire can refer into this programme.

Please note, this programme is not to replace or bypass another intervention or treatment option.

If a young person meets the criteria for another service then they are likely to need more specialist support and are not suitable for this early intervention programme.

## How do I refer a young person to this programme?

To make a referral please go to [www.ychertfordshire.org](http://www.ychertfordshire.org) and click on the 'make a referral' link and complete the brief referral form.

Staff from YC Hertfordshire will respond to the referral and contact the young person within three days to go through the details of the course and invite them to a one-two-one pre-group meeting.

