



## **IThrive Alliance for 11 – 19-year olds**

### **Emotional Health and Well Being Support**

#### *For Young People*

Help is available if a young person is feeling low, anxious, or struggling with their emotions. Someone to talk through what they are experiencing, information on what can help, exploring self-management techniques, group work and one to one support. Bolton Together has brought together 5 charities to support young people. Each service tailors their support to the young person, increasing the level of support and number of sessions dependant on the young person's needs.

#### **Bolton Lads & Girls Club**

Information advice guidance and signposting. A range of emotional health and wellbeing workshops and group sessions to support positive emotional health and wellbeing. One to one support using a range of therapeutic interventions to support young people who are feeling anxious, low, and struggling to manage how they feel.

**Email:** [Sarah.Randall@blgc.co.uk](mailto:Sarah.Randall@blgc.co.uk)

**Telephone number:** 01204 540100

#### **Bolton YMCA**

Information, advice, guidance and signposting. Group sessions and one to one listening service to support young people aged 13 and over to talk through the difficulties they are experiencing and agree steps to address these.

**Email:** [Sophie.Craddock@fyldecoastymca.org](mailto:Sophie.Craddock@fyldecoastymca.org) **Telephone number** 01253893928



**IThrive** Supporting Children, Young  
People and Families with their emotional well being



## Fortalice

Information, advice, guidance, and signposting for young people affected by domestic abuse. One to one support and group work provided to support young people using the recovery toolkit and exploring healthy relationships.

**Email:** [cyp@fortalice.co.uk](mailto:cyp@fortalice.co.uk)

**Telephone number:** 01204 365677

## The Proud Trust

One to one, group sessions and mentoring available for young people experiencing emotional health and well being difficulties due to their sexual identity. Support is also available for those questioning their gender identity.

**Email:** [olivia.ouwehand@theproudtrust.org](mailto:olivia.ouwehand@theproudtrust.org)

## Zacs Youth Bar

Information, advice, guidance and signposting. One to one mobile listening service exploring coping mechanisms and provision of peer support groups.

**Email:** [emma.kidd@zacsyouthbar.co.uk](mailto:emma.kidd@zacsyouthbar.co.uk)

**Telephone number :** 07878642588

**To access this support, contact the individual organisations directly. A one-point referral Hub will be available from April 2021. All appropriate steps will be taken to provide safe spaces during COVID. Some organisations may adapt how their services are offered due to this.**



**Bolton Together**

Bolton Together is a registered charity, a consortium that brings organisations together to support children and families.

We have been funded by NHS Bolton CCG and the National Community Lottery Fund to deliver the Thrive Alliance services.

**Website:** <https://bolton-together.org.uk/> **Telephone:** 07547409726