



Young People Cornwall

Hear Our Voice Project: early help for mental health and emotional wellbeing

Hear Our Voice is Young People Cornwall's mental health project. We use a youth work approach, alongside evidence-based early interventions to support young people experiencing difficulties with their mental health and to promote emotional wellbeing. Our multi-disciplinary team are experienced and hold post-graduate professional qualifications in youth work, social work and psychological interventions for children and young people.

We work closely with our partner projects offering Information, Advice and Guidance and Mentoring services, as well as specialist NHS mental health services (CAMHS), children's early help services and Kooth Counselling to ensure that young people receive the best help to meet their individual needs.

Hear Our Voice offers:

- Targeted 1 to 1 support, led by the needs of young people
- Small group work in schools and community settings - where young people can build confidence, develop positive coping skills, build resilience, meet new people and have fun!
- Referral and support to access specialist services/agencies where appropriate
- Participation and involvement – opportunities for young people to be involved and have a voice within the services they use
- Training in mental health and emotional resilience – for young people and professionals through our Heads Up programme (please contact us directly for further information about training).

What we expect from referrers:

- For the Referral Form to be completed in line with the guidance overleaf.
- For the referral to be completed with/by the young person concerned.
- For parental consent to be obtained where possible/appropriate (under-18 yrs only).
- For you to attend an initial meeting with HOV and the young person where this is required/appropriate.

*Please note that Hear Our Voice is not a counselling service and does not replace specialist CAMHS, however we are able to help young people access those services if required. If young people are already receiving support from CAMHS or any other counselling service it is worth considering how effective further 1 to 1 support will be, this could be discussed with the counsellor or CAMHS worker prior to referral.

Hear Our Voice will meet young people in locations where they feel comfortable, however we **do not routinely make home visits and are not able to offer family work. Where young people meet the criteria for early help services we encourage referral to the **Early Help Hub** in the first instance.

For further information please contact the Hear Our Voice Team on 01872 222447 or email [Ellie wright – elliew@ypc.org.uk](mailto:elliew@ypc.org.uk).

Alternatively see our website - <http://www.youngpeoplecornwall.org/>

Referral information and guidance:

When to refer to Hear Our Voice:	
Our age range:	11 to 19 years
1 to 1 support – early intervention	<p>Refer to this service if you are concerned that one or more of these factors may result in a young person experiencing problems with their mental health or needing specialist services in the future:</p> <ul style="list-style-type: none"> • low mood • stress and anxiety • self-harm • risk-taking behaviour • problems with eating • social isolation or difficult relationships • school attendance or engagement • self-neglect <p>Also - if a young person has not met the threshold for specialist CAMHS but still requires support with their mental health.</p> <p>If a young person needs support, advice and encouragement to access specialist services (ie. CAMHS or counselling).</p>
Education and social support – small group work	<p>If young people are currently experiencing difficulties with their mental health and emotional wellbeing, or are moving on from specialist services, and would like:</p> <ul style="list-style-type: none"> • resilience building and mental health education • social/ peer support • opportunities to build relationships and make new friends
Participation and involvement	<p>If you are working with a young person who would like to:</p> <ul style="list-style-type: none"> • have their voice heard and speak out for others • influence the design and delivery of mental health services for children and young people • have opportunities to give back and help other young people • maintain positive mental health and build confidence • learn new skills and gain valuable experience for work or higher education <p>We work closely with CAMHS in Cornwall and across the South West to offer a range of opportunities for young people to be involved and have a voice within the services they use. Please contact us for further information.</p>
<p>Heads Up training</p> <p>(Please contact us for more information and bookings: elliew@ypc.org.uk)</p>	<p>Mental health and emotional resilience training for young people and professionals.</p> <ul style="list-style-type: none"> • Training for professionals includes: Young People, Mental Health and Emotional Wellbeing; Understanding Self Harm. • Workshops for young people include: Heads Up! Emotional Resilience programme; What is Bullying? Cyberbullying/Sexting; Equality & Diversity.

