


Future SELPH

safety empowerment learning practical skills health & wellbeing



Struggling with
the basics?



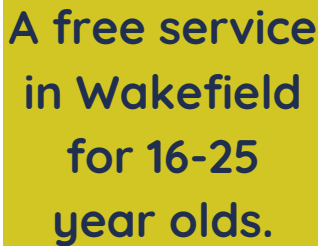
Want to
learn new
things?



Overwhelmed?



Is daily
life difficult?




A free service
in Wakefield
for 16-25
year olds.



Want to connect to
your community
& make friends?



Thoughts & feelings
affecting what you
want to do?



Is adulthood
harder than you
thought?



Want help,
advice guidance
& support?

We are here to help you.

We support 16-25 year olds to build their own unique path to an improved sense of mental health & wellbeing.

You **refer** yourself or are referred

Together we can choose where & when to meet

1-1 check ins

Support with **expenses**

Meeting new friends

Professional advice

Our support is **not time restricted**

We'll make sure you have the tools you need on **your journey**

We can **support you whilst you are on waiting lists** for other services.

We'll **listen** to find out what's going on & **we won't judge**

Skills workshops & volunteer opportunities



Future SELPH

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Refer yourself by...

Scanning the QR code

Texting 07778057175

Or emailing

wakccg.futureSELPH@nhs.net

