

The **Five Ways to Wellbeing** are a set of evidence based actions which promote people's wellbeing.

These activities are simple things individuals can do in their everyday lives.



TALK & LISTEN,
BE THERE,
FEEL CONNECTED



Your time,
your words,
your presence



REMEMBER
THE SIMPLE
THINGS THAT
GIVE YOU JOY



EMBRACE NEW
EXPERIENCES,
SEE OPPORTUNITIES,
SURPRISE YOURSELF



DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR MOOD

If you would like any further information or to refer, please do not hesitate to contact us using the details below.

Address:

11a Market Street,
Buxton,
High Peak,
Derbyshire
SK17 6JY

Telephone: 07436 812807 or 01298 212602

Email: youthsupported@btconnect.com

Website: www.federationmentalhealth.co.uk

Connect With Us:



www.facebook.com/federationmentalhealth

www.facebook.com/WellbeingHubBuxton



[@fedmentalhealth](https://twitter.com/fedmentalhealth)



www.pinterest.com/wellbeingbuxton

Promoting Mental Health and
Independence in Derbyshire.



Bridging the Gap

A Wellbeing Support Service for Young
People aged between 15 and 25 years
in the High Peak.

Support for a
Brighter Future



Bridging the Gap is a **FREE** Wellbeing Service from **The Derbyshire Federation for Mental Health**, providing support to Young People aged between 15 and 25 years.

Young People who want to make positive changes to their wellbeing can access **one-to-one** or **group drop-in support**, including attending **workshops** facilitated by our Youth Support team.

Bridging the Gap provides a **client-led** service, assisting Young People with day-to-day issues, whilst providing the chance of developing skills to manage emotions. Working in collaboration with a Support Worker, a **Support Plan** will be devised to ensure that support is focused and the Young Person remains motivated to achieve their **goals**. The project also works in conjunction with other service providers.

Success of support relies upon the Young Person's **engagement** with the service and their ability to undertake **self-directed** study.

Bridging the Gap is a **flexible** service, and support can be accessed at home, school or elsewhere in the community.

We can offer support toolkits and learning opportunities to help Young People with the following conditions:

- Anxiety
- Bullying
- Confidence and Self-Esteem
- Emotional Difficulties around Food/ Body Image
- Low Mood
- Managing Anger
- Managing Stress (including exam stress)
- Low-Level Self Harm
- Sleep Difficulties

The Bridging the Gap Referral Form and Referral Guidance can be found on our website:

www.federationmentalhealth.co.uk