



REGAIN CONTROL

Being involved in regain control, can improve your:

- Mental health
- Confidence and self-esteem
- Relationships
- Self-awareness
- Employment/education/training

What is it about?

It is a 10 week programme of therapeutic support where you will meet with a practitioner 1:1 to talk about anything that you may be struggling with. We hope to offer you strategies and coping mechanisms that will lead to positive changes in how you feel about yourself, and your relationships with friends and family.

Having thoughts, feelings and worries listened to and understood can be hugely beneficial. At times it can feel like we don't have any control over what we think or how we feel, and sometimes just 'talking things through' can help you to feel more confident about something you had on your mind.

The kind of things we can support you with may include:

- anxiety
- exam stress
- abuse
- behaviour
- relationships
- grief/loss
- sleep problems
- depression/low mood
- anger
- bullying
- family
- body image
- self-harm
- suicidal feelings



What some of the young people have said about the support they have received!

It's helped me a lot, I have a lot more confidence in myself and my behaviour has changed and my body language. I really enjoyed it.

It has helped my anxiety and I don't feel anxious as much, it has also helped my self-esteem and confidence and I am a lot happier than I used to be.

It's made me feel better about myself and helped me improve my relationships at home and in school.

FOR MORE INFORMATION
01772 910340
www.canw.org.uk

Registered Charity No: 222533



PAPYRUS
PREVENTION OF YOUNG SUICIDE



0800 068 41 41



papyrus-uk.org/get-in-touch

Are you at risk of suicide or worried about someone?

childline

ONLINE, ON THE PHONE, ANYTIME



0800 1111



childline.org.uk

No problem is too big or too small

kooth



kooth.com

Mon - Fri | 12pm - 10pm

Sat - Sun | 6pm - 10pm

Free, safe and anonymous online support

YOUNGMINDS



text 'YM' to 85258



youngminds.org.uk/contact-us

Crisis Messenger is a free 24/7 UK wide service

Continued support will be available; together we can look at the obstacles you currently face.

We can provide access to appropriate services that may help to reduce social inclusion and encourage positive choices.

Our team will work directly with you, so that you're confident in where to go to gain important skills and experience.



CANW

Child Action Northwest