

## Confidential 1-2-1 Counselling Service

### What is it?

Our 1-2-1 counselling service is confidential and a safe place where you will not feel judged. Our counsellors will listen, offer support and help you look through the options you have.

### How does it work?

Our counsellors are trained to support young people through the difficulties they can face. You will have an appointment with the same counsellor, at the same time and place every week. You will receive free 50 minutes of one to one time with a counsellor, initially you will be offered six counselling sessions which can be extended if necessary.

### Is it for ME?

If you...

- Need help with anxiety or depression
- Have relationship problems
- Are confused about your sexuality or identity
- Want help to manage your anger
- Are experiencing bullying or abuse
- Struggle with changes in life.

Or there is anything else you want to talk to us about then...

Call now, we can help.

**01733 373170**

YMCA  
CAMBRIDGESHIRE  
& PETERBOROUGH



## 7 Steps to a healthier, happier mind.

**EAT HEALTHILY** – We all know that what we eat has a big impact on our physical wellbeing, but it also affects your mental happiness.

**WATCH WHAT YOU DRINK** – While a lot of people drink alcohol and caffeine to change their mood, their effect is only temporary. When the feelings of energy or excitement fade you will often feel a lot worse than before you drank, which has a big effect on your mental wellbeing.

**DO SOME EXERCISE** – Doing a little exercise every day has many different benefits; both mental and physical. When you exercise your body releases endorphins which can greatly improve your mood.

**TALKING TO OTHERS** – In today's world it has never been easier to keep in touch with friends and family. Feeling connected with other people is an important part of what makes us human.

**GET A HOBBY** – So much of our lives are taken up by the pressures of work these days that we can sometimes forget about what we enjoy.

**ACCEPT THAT YOU ARE UNIQUE** – Many people are unhappy or self-conscious about their appearance, the way they speak or their background; comparing themselves unfairly to others they see in magazines or on television.

**EXERCISE YOUR MIND** – Just like the rest of your body your brain needs exercise too in order to stay healthy. There are lots of different ways you can do this; from computer games to doing a cross word.

Remember that should you need it, help is at hand, by following these simple steps you should start to feel better about yourself. However, if you are feeling anxious, depressed or think you may be suffering from a mental illness it is important to remember that YMCA is here to help.