

Head Space FAQs

What is [Head Space](#)?

- A project that provides mental wellbeing, counselling and mentoring support to Dorset and BCP young people who are experiencing stress, anxiety or loneliness as a direct result of the Coronavirus
- Support in alleviating personal stress and anxiety that may be standing in the way of young people confidently continuing in education, training or employment
- Short term help, over a minimum of six counselling and/ or mentoring sessions, lasting up to a total of 5 hours, ending before March 22nd 2021
- Voluntary – young people have to want our support
- Accessible – no referral forms. We discuss with each young person what they feel they want and need
- Person-centred – every young person will receive 1:1 support based on their own identified support needs
- Confidential – we will not share information about you without your permission unless you, or somebody you talk to us about, are at risk of harm
- Funded by the Coronavirus Community Support Fund, distributed by The National Lottery Community Fund. We will continue to deliver support until our funding runs out.

What is the age range you can support?

- Predominantly 13 – 24 year olds
- We do have a couple of younger ones with our counsellor, but these have been agreed in conjunction with family/support worker input as we need to ensure they have access to ongoing support afterwards.

How are you delivering support?

- By telephone, WhatsApp, text messaging or virtual platforms such as Zoom or Teams
- Using a team of staff from a range of backgrounds – including Holistic Therapy, Play Work, Mentoring, Fitness Coaching and Counselling
- By matching young people with a staff member who can offer support and strategies that suit their individual learning styles – if it isn't working for a young person we can always swap to a different staff member

How does the sign-up process work?

- There are a few ways to sign-up. Simply either:

Text "HEAD SPACE + your name" to 07884 438908

Call our office on 01202 677 557

Email 4u@ansbury.co.uk

- One of our Head Space advisers will get back to you as soon as they can to discuss your needs and book you on to the programme.

Are there any limitations of the Head Space project to be aware of?

- Head Space is not a statutory service – statutory services are services provided by the local authority as a matter of course. Examples of statutory services include benefits, social services, treatment on the NHS and schools
- Head Space is not a Health service or emergency service.

Who should I contact if I have an acute or immediate need for mental health support?

- Your **GP**
- **NHS 111** - help if you have an urgent medical problem and you're not sure what to do
- [Mental Health Helpline for Urgent Help](#)
- [The Children's Society](#)
- [Connection](#) – 24-hour helpline, on 0300 123 5440, offering urgent telephone access to mental health advice and support for people of all ages
- [Kooth](#) – a free service for young people aged 11 – 18 to talk about emotional health and wellbeing. It is online tool that is accessible from any mobile device. Young people wanting to use Kooth can speak to trained counsellors anonymously about their thoughts and feelings www.kooth.com/
- [Samaritans](#) – whatever you're going through, a Samaritan will face it with you. 24 hours a day, 365 days a year. Call 116 123 for free
- [YoungMinds](#) – Text YM to 85258 (the YoungMinds Crisis Messenger) for free 24/7 support across the UK if you are experiencing a mental health crisis. All texts are answered by trained volunteers, with support from

experienced clinical supervisors. Texts are free from EE, O2, Vodafone, 3, Virgin Mobile, BT Mobile, GiffGaff, Tesco Mobile and Telecom Plus.

- [Childline](#) – to speak to someone about what's happening and how you're feeling. Call 0800 1111 or visit the website for 1:2:1 chat www.childline.org.uk/get-support
- [Discovery Project](#) – working across the whole of Dorset with schools, colleges and charities, offering opportunities for Young People age 13 – 25 and their families to explore mental health and wellbeing in non-clinical settings. The work is co-produced with young people, including self-care worksheets, parent support, videos and podcasts.
- [Dorset Healthcare](#) – This webpage offers a wealth of information on how to combat COVID-19 anxiety and maintain your mental health. And, if you need more formal support, there is also information on how to contact mental health services such as Steps2Wellbeing and the Child and Adolescent Mental Health Service (CAMHS).