

For young people in Gwent

# SHARED EXPERIENCES, BETTER WELLBEING



**FORM**  
**PLATF**

For mental health and social change

Our groups give young people a chance to share their experiences with others who may be facing similar challenges, and to learn new strategies to promote their wellbeing. They decide what areas of wellbeing they want to discuss and how much they want to share.

**It's important for young people to know that whatever they're facing, they're not alone or isolated.**

Anyone taking part will also have the opportunity to train to become a Recovery Champion and Volunteer Peer Mentor.

## WHAT WE OFFER

### Peer groups

- Weekly meet-ups
- Relaxed environment where young people can be themselves, and have their own voice

### What sort of topics do the workshops cover?

- Mental health awareness
- Managing emotions
- Body image
- Mindfulness
- Stress
- Self-care
- Sleep
- Finding your voice
- Goals and ambitions
- Friendships

**We work with 14 - 18 year olds in Gwent, using peer support and wellbeing workshops.**

**We cover the five local authority areas in the Gwent region; Caerphilly, Newport, Torfaen, Monmouthshire and Blaenau Gwent.**

## WHO'S THIS FOR?

### For professionals

Request for support from professionals for a young person should be directed to the local SPACE Wellbeing Panel.

### For young people

Young people can access the project directly by contacting us:

[youngpeople@platform.org](mailto:youngpeople@platform.org)

01656 647722 / 07976 080563

**platform.org**



Bwrdd Partneriaeth  
Rhanbarthol Gwent  
Gwent Regional  
Partnership Board