

Health Drop Ins

Healthy Valleys also offers free stress management and sexual health services, health advice and info to young people age 12 - 21 on a drop-in basis. No appointment necessary.



This service can be accessed via the Find Out Youth Health Information Project.

Find Out Drop Ins run as follows:

Mondays Lesmahagow 6 - 8pm

Routes to Health Clydesdale, 1 Wellwood Road, Lesmahagow, ML11 0DD (next to the Jubilee Hall)

Wednesdays Lesmahagow High School

Clydesdale Support Base, 12.50-1.40pm
School term time only, for pupils only

Thursdays Forth 5-7pm

The Lounge@Forth Library/Community Hall, Main Street, Forth, ML11 8AE

In addition, Universal Connections Lanark offer the Teenage Health Information Service:

Mondays Lanark 3.30 - 5pm

Universal Connections, 13 St Vincent Place, Lanark, ML11 7LE



The Time Out service is funded by Integrated Childrens Services.



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Phone: 01555 880666

Email: info@healthyvalleys.org.uk
www.healthyvalleys.org.uk

More info for young people including all activities, events, opportunities can be found on our social networking sites. Search for "Healthy Valleys".



Counselling

TIME OUT is a counselling and stress management support service for young people age 16 - 21 living in the Clydesdale area. It offers 1:1 support as well as the option to work with other young people on self esteem and confidence raising.

The Counsellor offers "person centred" counselling as well as clinical hypnotherapy, relaxation techniques and complementary therapies. Cognitive Behaviour Therapy groupwork may also be available.

Time Out offers 6 x 50 min 1:1 sessions. Sessions take place in Lesmahagow, Lanark or Forth.

Complementary Therapies

Young people then have the option of working with other young people as a small group, or to continue on a 1:1 basis for a further 6 weeks.

Young people can be referred for a variety of reasons including, but not limited to:

- **Bereavement**
- **Family breakdown**
- **Anxiety**
- **Stress**
- **Self harm**
- **Low mood**
- **Low confidence and self esteem**
- **Mental health issues**

As well as benefiting from counselling and therapies, young people can also access opportunities for personal development, involvement in other activities and volunteering to help reduce isolation and increase motivation.

1:1 and Groupwork

Referrals to the **Time Out** service are by agencies eg GP, Social Work, support workers, voluntary groups etc or young people can self refer.

Referral forms are available from *Healthy Valleys* or can be accessed via our website www.healthyvalleys.org.uk. Agencies should use the GIRFEC Request for Assistance and Consent to Share Information forms.

For more information or to discuss further contact Wendy Kyle on:

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