Delivered by ONSIDE

Melo

Be well being you

Children and Young People's Early Support Mental Health and Wellbeing Service

Sometimes life can feel a bit tough and overwhelming. You may feel worried or anxious about home, school or friendships. You might not be feeling confident or good about yourself, perhaps something difficult has happened like a bereavement, family breakdown or illness. At times like this it is good to have someone to talk to who really understands and can help.

Melo have some lovely people with lots of skills and experience, just as importantly they are friendly, kind and really good at listening. They might even make you laugh sometimes! The Melo team love getting to know people and working with them to make life a little easier.

melo_onside

onside-advocacy.org.uk/melo

11-16 years

ONSIDE
PASSIONATE ABOUT EQUALITY
Charity no: 1102022

ONSIDE PASSIONATE ABOUT EQUALITY Delivering in Partnership with mind Coventry, Warwickshire and Worcestershire Action for Children kooth NHS Herefordshire and Worcestershire

How does Melo work?

When you make contact with Melo one of our friendly team will spend time talking to you about how you are feeling, what is going well and what not so well. They will then be able to work out how best Melo can help and make a plan with you.

The kind of things that Melo can offer include:

- A Melo Wellbeing and Emotional Support practitioner to provide practical ideas and strategies to help improve how you are feeling and offer ongoing support to you over an agreed period of time
- Help to access other services, support and information
- Other kinds of therapy, such as counselling or sessions that use activities like music or art to help you deal with worries or problems
- Group sessions to learn how to cope better with things like anxiety or stress
- Peer Support that helps share ideas and experiences with other young people

How to get support from Melo

It's really easy to ask for support from Melo. You can get in touch yourself and talk to one of the team if you think we might be able to help. Or you can ask someone in your family, someone who supports you or maybe a professional like a teacher or GP to get in touch on your behalf.

If you think we can help,
Contact us
Worcester: 01905 673549
Hereford: 01432 800809
WhatsApp: 07377154731
Check out our website
onside-advocacy.org.uk/melo
or email us:
cypenquiries@onside-advocacy.org.uk

You could come along to one of our community drop in sessions.
Information on these can be found on our website, just scan the QR Code