Delivered by ONSIDE

mini Melo

Be well being you

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

Sometimes we can all feel a bit sad or worried about things. When that happens, it is good to have someone to talk to who can understand and give you some ideas that might make things better.

Melo have some lovely people who can help. They are friendly and kind and are really good at listening. They might even make you laugh sometimes!

One of the Melo team are really looking forward to meeting you and helping with the things that are worrying you.

ONSIDE PASSIONATE ABOUT EQUALITY
Charity no: 1102022

What will happen when I meet my Melo worker?

- One of our lovely Mini Melo team will talk to you about how you are feeling, what is going well and where you might need some help
- They will meet you in a place where you feel comfortable, maybe school or one of our friendly hubs
- They will work with you to make a plan to figure out how we can help you to feel better and make you worry less
- They will agree how often you will meet
- Sessions with your Mini Melo worker will be fun, and as well as talking, they will play games to help you work things through and give you lots of ideas to make life easier
- We will celebrate your success when things go well and be there when you are feeling down

You and your Melo worker are a team! They will be your supporter and cheerleader

Contact us in **Worcester: 01905 673549** | Contact us in **Hereford: 01432 800809**
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ONSIDE PASSIONATE ABOUT EQUALITY Delivering in Partnership with mind Coventry, Warwickshire and Worcestershire Action for Children kooth NHS Herefordshire and Worcestershire