Delivered by ONSIDE

Melo

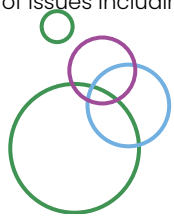
Be well being you

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

Being a parent can be hard as well as amazing.

Supporting your child/young person through the changes and milestones of adolescence and secondary school years can be challenging at times. It is often a time when children and young people may face mental health or wellbeing challenges and life can feel pretty hard for them, and also for you as parents. They may be facing all kinds of issues including

- Feeling anxious or depressed
- Having low self esteem or lack of confidence
- Friendship and Relationship problems
- Difficulties at school
- Struggling with anger and other emotions
- Panic attacks



What Melo Can Provide

Our experienced team will work with you, your child and the wider family to access support and develop a plan that works for you.

This may include:

- Support from a Melo Practitioner to provide practical ideas, strategies and ongoing help
- Help to access other services, information and specific support
- Therapy sessions, for example play or music
- Group/peer support
- Opportunities to access other services for those with a higher level of needs

How Can I Get Support?

Melo has an easy referral route. You can make a referral yourself or ask a professional to do this for you.

Referrals can be made via:

Telephone, WhatsApp, our website, email or at one of our Community drop in sessions.

An experienced Melo practitioner will work with you to find the best way we can help.

If you think we can help, contact us:
Worcester 01905 673549
Hereford 01432 800809
WhatsApp 07377154731
cypenquiries@onside-advocacy.org.uk
onside-advocacy.org.uk/melo

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