



# YOUR MIND MATTERS

*Cheshire East*

**Mental health support for those  
aged 8-25 years old**

**Now accepting referrals!**



**Nick Claffey**

YOUTH MENTAL HEALTH LEAD for  
Cheshire East  
Nicholas.Claffey@YouthFed.org  
07354 270011

**Jennifer Birnie**

MENTAL HEALTH YOUTHT WORKER -  
Jennifer.Birnie@yYouthFed..or  
07354 249149



## Reaching Communities

A brand new youth programme designed to  
provide additional support for young people in  
Maidstone & Swale.



# OUR OFFER

## One to one support

You will meet one of our team in a space which is confidential, warm and welcoming.

This can be our office, your home, school/college or a community space.

## Group sessions

When suitable, the Your Mind Matters project can facilitate group sessions on all aspects surrounding Mental health and Wellbeing.



**Anyone can refer (including self referrals)**



**If you have no transport we will come to you**



**We are here for as long as you need us**



0151 351 1971

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## How to refer:



**Scan the QR code or e-mail us!**

- 1 Email or QR code  
YourMindMatters@YouthFed.org  
to and request a referral form
- 2 Fill in the referral form once it has been sent to you
- 3 From receiving your referral, we will contact you within 3 working days
- 4 We call you to have assess what support is best offered
- 5 A support worker will contact you to talk you through the next steps



**COMMUNITY  
FUND**