

About Building Brighter Futures

The service provides one-to-one sessions for young people under the age of 18, who are residents of Newham (or registered with a Newham general practitioner) and have low level mental health requirements.

About Family Action

Family Action is a charity committed to building stronger families by delivering innovative and effective services and support that reaches out to many of the UK's most vulnerable people. We seek to empower people and communities to address their issues and challenges through practical, financial and emotional help.

How to Contact us

Family Action Building Brighter Futures

1 London Road,
London
E13 0AT
T: 020 8470 7782
newhambuildingbrighterfutures@family-action.org.uk

Family Action Head Office 24 Angel Gate, City Road, London, EC1V 2PT

T: 020 7254 6251 info@family-action.org.uk www.family-action.org.uk

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Professor Harriet Ward CBE.



Family Action Building Brighter Futures

Supporting young people to deal with difficult feelings, building their confidence and self-worth



We all experience different kinds of feelings everyday. Sometimes we are happy and excited. At other times, we feel sad or down. The health of our minds determines how we feel.

www.family-action.org.uk



Feeling good is worth investing time in

Sometimes in life we might feel like we don't have any control over our emotions or what we think. Talking to someone can make a real difference to the way we feel.

Many things can make us worry and we all react in different ways to stressful situations

These are some examples of things that can make us worry or feel low:

- Feeling left out and not being part of a group
- Arguing with friends or family
- Worrying about how you look
- Thinking things will never get better
- Worrying about exams or getting bad results
- Being bullied at school or elsewhere
- Worrying about your sexuality
- Feeling you have no-one to talk to and that no-one understands you



How Building Brighter Futures Works

We provide one-to-one sessions for young people like yourself, who might be finding it hard to deal with your emotions and try to help you make sense of some of the difficult aspects in your life.

The sessions are a place:

- Where you will feel safe and able to discuss your feelings
- Which are focussed on building self-worth, self esteem and resilience
- Where you will feel valued and listened to
- Where your feelings, thoughts and emotions are explored so they can be understood

The sessions will look at past experiences and how they affect the way you feel now. It is also an opportunity to build on strengths and work on weaknesses that might be holding you back from feeling confident and happy.

We provide between 6 & 12 one-to-one sessions and give advice and guidance on any other services we think may be useful. The sessions can take place in familiar and supportive settings such as school or at Newham Family Action Offices.

The sessions will help you:

- Have good relationships with friends and family
- Develop a sense of right and wrong
- Learn from experiences and have the confidence to try things out
- Cope with some unhappy or stressful thoughts
- When things are difficult, have a sense of your own identity and self-worth
- Improve your mental health
- Improve your life chances
- Reduce feelings of loneliness
- Gain resilience and confidence to achieve your aspirations for the future
- Find out for yourself what the best choices for your future are
- Raise your awareness of what's on offer in your local area, including clubs, groups activities