

Mellow for Young People

12 Session Programme



Mellow for Young People aims to improve young people's mental health, well-being and confidence by supporting them to explore and build healthy relationships within a safe, supportive and nurturing setting.

The programme has a flexible delivery model, consisting of 12 sessions, each lasting 2 hours. The sessions are designed to help young people feel safe, comfortable, and contained. Each participant receives a logbook detailing their learning, enabling their key supporters to develop a clear understanding of the content and learning experience.

Session 1 is an introduction to the programme. Session 2 is dedicated to YP's brain development. Sessions 3 and 4 explore the importance of feelings and emotions. Sessions 5-9 pay attention to YP's world and their relationships. Sessions 10-12 focus on YP's strengths and conclude their participation in the programme on a positive note.

"it's a place to feel comfortable and I'm not scared that they will tell people. It's a place to be yourself"

"I'm doing better in school too and I feel like my mental health is better."

"it's good for communicating, meeting new people and it gets you out of your comfort zone a wee bit"

