

Mellow for Young People

12 Session Programme

Mellow for Young People helps improve mental health, well-being, and confidence by supporting you in building healthy relationships in a small and fun space.



The sessions are designed to help you feel safe and comfortable and learn about yourself. The programme was created following young people opinions.

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

"Talking about me and my life isn't something I would normally talk about. It was better than I thought it would be."

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

*"it was fun"
"I felt like I was listened to"
"they made me laugh a lot"*

Young People Voices, 2024

We will be looking at YP's brain development, the importance of feelings and emotions. We will pay attention to YP's world and their relationships and listen to your experiences.