



Mellow Ready is a ten-session group programme specifically created for 14-18 year olds to support their mental health and wellbeing. It provides them with tools to think flexibly, reduce stress and make informed decisions both now, and in the future. The evidence-based sessions give young people the opportunity to explore and understand their network of relationships.



Relationships



Mental Health & Wellbeing



Mindfulness

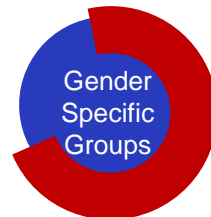
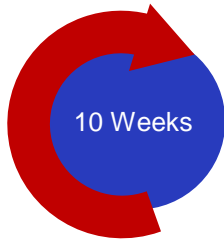


Celebrating Strengths

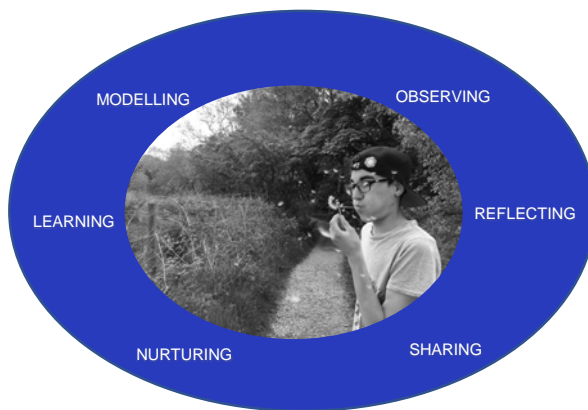


Brain Development

Programme Structure



"Talking about our future and what you're worried about.....it's more helpful than bottling it up... to openly speak about it to those who you trust."



"...just taking time to do some relaxation where we'll do deep breathing to calm everything down."

"...it just gives you that extra push that you need."

Mellow Ready group members

Group Outcomes

87%

of young people strongly agreed that they enjoyed taking part in the group

62%

saw an improvement in their wellbeing

60%

had improved self esteem