



ECYPS

# YOUNG CARERS COUNSELLING SERVICES

10-17 YEAR OLDS

FREE SERVICE

## SUPPORTING YOUNG CARERS MENTAL HEALTH

Are you a SENCO, Teacher, Head of Year, Learning Mentor, Youth Worker who has identified students who are struggling with their mental health? Would they benefit from counselling?

If you are a young carer and worried or feeling anxious then speaking to a counsellor can help you cope with difficult emotions and encourage you to make better decisions to improve your mental well-being.

For referral forms email:

[info@ecyps.org.uk](mailto:info@ecyps.org.uk)

