



**YMCA DownsLink Group are very excited to announce the launch of their new online counselling and mental health support platform- **e-wellbeing**, as part of Dialogue's counselling service for Young People in West Sussex.**

### **What is it?**

e-wellbeing is a service available to young people aged 11-18 living in West Sussex, who are experiencing mild to moderate mental health difficulties such as anxiety and depression. e-wellbeing allows young people to connect with an experienced and qualified counsellor online for weekly sessions in a secure and confidential platform. While logged in to the platform young people have access to a range of mental health modules, psychoeducation materials and interactive mood/health diaries to support their counselling sessions.

### **How can I refer?**

You can refer young people directly in to the e-wellbeing service if they are aged 11-18 by contacting us via the details below. For all referrals a conversation or assessment will take place where our service decides with the young person what type of support will be the most beneficial based on their needs.

Dialogue, YMCA DownsLink Group, The Y Centre, Albion Way, Horsham, RH12 1AH

T: 07739 893707

E: [community.counselling@ymcadlg.org](mailto:community.counselling@ymcadlg.org)

**Please share the attached flyer with young people, parents/carers and colleagues!**

