

Aged 16-19 & struggling with suicidal thoughts?

We know that suicidal thoughts can feel heavy, lonely and hopeless. Whether you have a mental health diagnosis or not, Body & Soul is here to support you to make the changes you need, so that life is worth living.

What to expect

Access to group Dialectical Behavioural Therapy programme, where you will learn:



Ways to interrupt strong emotions during crisis



About your emotions and what they do for you



How to stay grounded



How to build stronger relationships

Once you graduate from the programme, you will become part of the YANA community where you can have access to long term support, including 1:1 therapy and creative workshops.

“This has saved my life. It was the first time I felt accepted for who I am and had my potential seen and nurtured like never before. It was the first time I had real support.”

- Graduate from the YANA programme



Online Zoom group
starting
4th October
4:00 - 5:30 pm

Body & Soul
Charity Number 1060062

How to refer



Scan the QR code and you will be taken to the referral form:
<https://shorturl.at/Q3579>



Once we've received your form, it will be reviewed and the first assessment will be arranged.

Initial contact will be made within 48 hours.

Get in touch

If you have any questions or are interested in referring yourself/others, don't hesitate to contact Rachel, who will be able to answer any queries.



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