



Children and Young People's Early Support Mental Health and Wellbeing Service

If you are finding life hard and struggling with your feelings or mental health, it can be overwhelming, and make you feel alone. This is where Melo can help.

You may:

- Be feeling anxious, sad or low
- Have problems at home, college or work that feel difficult to manage
- Have relationship or friendship issues
- Be low in confidence or self esteem
- Be experiencing a life event or trauma such as bereavement or family breakdown

At times like this, having someone to talk to who understands and can provide support is vital. "The Melo Team are amazing, they have lots of skills and experience, are friendly, caring, fantastic at listening and really understand how things feel for you."



melo_onside



onside-advocacy.org.uk/melo

16-25 years



Charity no: 1102022



Delivering in
Partnership with



How does Melo work?

When you make contact with Melo one of our friendly team will spend time talking to you about you and your situation and what the difficulties are that you are facing. They will want to hear how things feel from your perspective. They will then be able to work with you to determine how best Melo can help and plan next steps.

The kind of things that Melo can offer include:

- A Melo Wellbeing and Emotional Support practitioner to provide practical ideas and strategies to help improve how you are feeling and offer ongoing support to you over an agreed period of time
- Help to access other services, support and information
- Other kinds of therapy such as counselling or therapeutic sessions that use activities like music, drama or art
- Group sessions on topics such as dealing with anxiety or stress
- Peer Support that enables you to share ideas and experiences with other people who may be facing similar challenges

How to get support from Melo

Melo is easily accessible. You can get in touch yourself and talk to one of the team, or you can ask someone in your family, another supporter or maybe a professional to get in touch on your behalf.

If you think we can help,

Contact us

Worcester 01905 673549

Hereford 01432 800809

WhatsApp 07377154731

Have a look on our website

onside-advocacy.org.uk/melo

or email us

cypenquiries@onside-advocacy.org.uk

You could come along to one of our community drop in sessions,
Information on these can be found on our website, just scan the QR Code

