

What some young people and parents have said about Choices:

ACTION FOR CHILDREN

- Choices helped me feel that everything is going to be okay. I enjoyed being able to talk about my feelings and felt understood for once
- It helped me with my anxiety and strategies to cope with it
- This service is vital to parents and young people who struggle with mental health
- It was good to know that we, as parents, weren't on our own, trying to navigate difficult and stressful situations

BARNARDO'S

- A friendly voice and face to talk to made working out problems easy
- I would recommend Choices to others as they have helped my family
- It was good getting me and my mum back on speaking terms
- Choices helps you think about things in a different way

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A service to support
young people
and their
parents



A service delivered in partnership by Action for Children and Barnardo's



Are you a parent or a young person aged 10 to 17?

Do you live in the Northern Trust area?

Do you need support with any of the following?

- Mental health/emotional well-being
- Conflict in family relationships
- Managing emotions
- Challenges with social relationships
- Managing behaviours at home or in school
- At risk of offending

We can help by offering:

- One to one support for young people
- Support for parents

How do we do it:

- We go to you...at home, in school or in a local venue
- We work with you, and your family, to help make things better



Supporting young people with...

- Anxiety
- Low mood
- Confidence and self esteem
- Social isolation
- Bullying
- Anger issues
- Behaviour issues
- Relationships
- Getting on with others
- Improving life at home

We aim to enable young people to make positive choices in their lives and improve their emotional wellbeing.