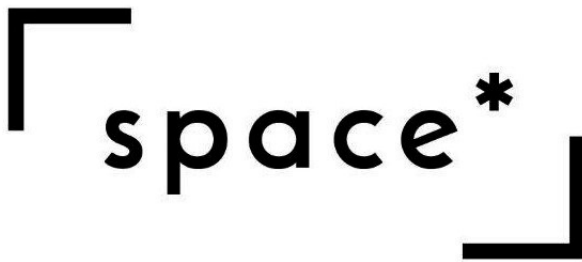




**Community Connector offer for young people in Exeter aged 11-18 who want to improve their wellbeing**



**01392 284271**

**[www.wellbeingexeter.org.uk](http://www.wellbeingexeter.org.uk)**

**The Community Connector offer is there for any young person in Exeter aged 11-18 who wants to improve their wellbeing and needs that little extra support to get there. A Community Connector can work with you to identify your interests and needs and link you to opportunities, activities and services in your community that can support your wellbeing.**

### **Things we are:**

- Focussed on your wellbeing and what matters to you
- Good at listening
- Young person centred
- A short-term offer – usually this would be up to 6 sessions
- Give you a choice of the support / activities you could be a part of
- Help you access and introduce you to the activities and opportunities that you are interested in and work for you
- Work with you to break down any barriers to improving your wellbeing
- A confidential space for you to talk about the things you chose (except for anything that makes us worry about your safety or the safety of others: safeguarding disclosures)

### **Things we are not:**

- Regular or long-term support
- Counselling or therapeutic service
- A diagnosis service
- A crisis intervention service
- CAMHS (the NHS's mental health service for young people)

### **What happens next?**

If you live in Exeter, you can access a Community Connector through your school or Exeter College. Speak to your school and they can make a referral to Wellbeing Exeter and a Connector will then contact you to discuss next steps. It is okay if you do not want our offer, or it is not the right time for you, just let us know, you can still link with us in the future and we'd be happy to support you.