



TADS – Therapies for Anxiety, Depression and Stress Young Persons Wellbeing Project

We see young people that regularly feel:

Anxious – nervous, scared, shaky?

Depressed – just find it so hard to do anything you used to enjoy?

Sad – experienced a loss?

Worry about everything?

These issues all come under the banner of mental health.

We are here to help you get back to feeling strong and happy

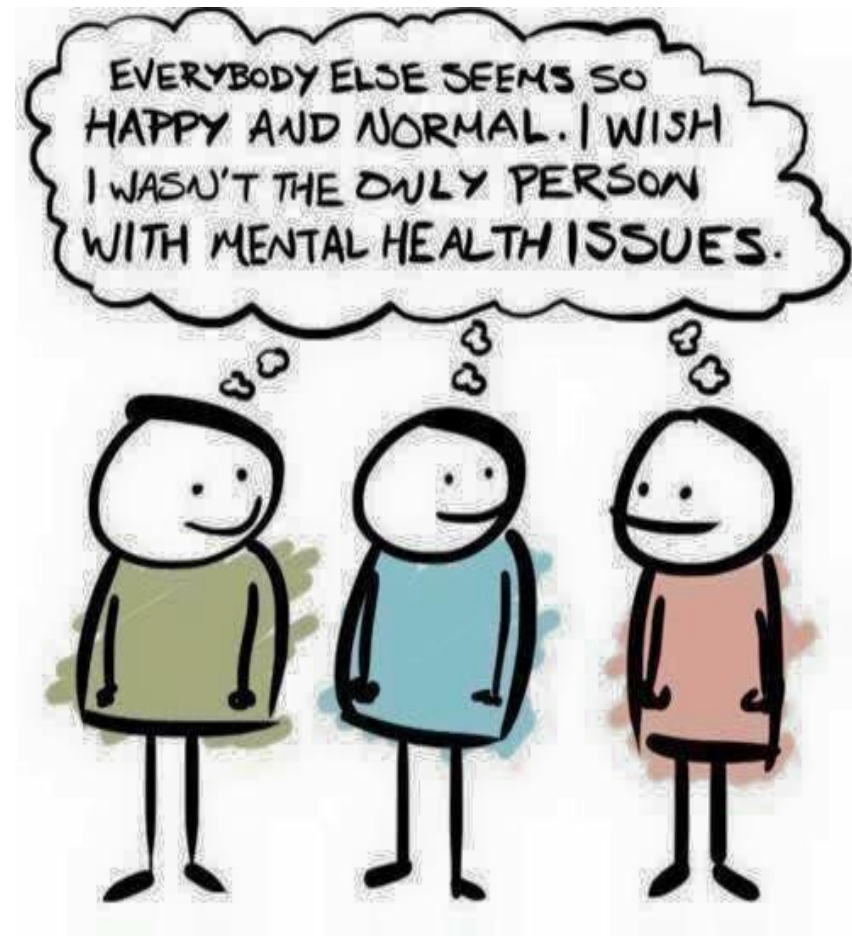
- Everyone else is so happy and normal
- Its too hard to do the things I have to
- I just cant do the things I used to
- Why am I different

(Comments regularly said by young people)

We try to normalise a young persons feelings.

Its hard to talk about how you are feeling, you are scared of being judged or laughed at or misunderstood.

The thing is 1 in 10 young people suffer from mental health problems but don't find the help they need before their problems become too big to cope with.



Its about learning how to manage your feelings before they get too big.

We provide you with the tools to cope



With a tool kit



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Without a tool kit

What do we do?

- We run a drop in service 3.30pm to 5.30pm Tuesday to Thursday, as it says on the tin, just drop in and see us
- A five week wellbeing workshop teaching young people different ways to handle their issues
- Therapies including indian head massage, reflexology, reiki, hypnotherapy, EFT.
 - If you need advice and support we have a dedicated, confidential email and text messaging service on
 - 07597114156 and admin@tadsbarnsley.co.uk

What happens at a Wellbeing Workshop

- Each week will have a different theme:

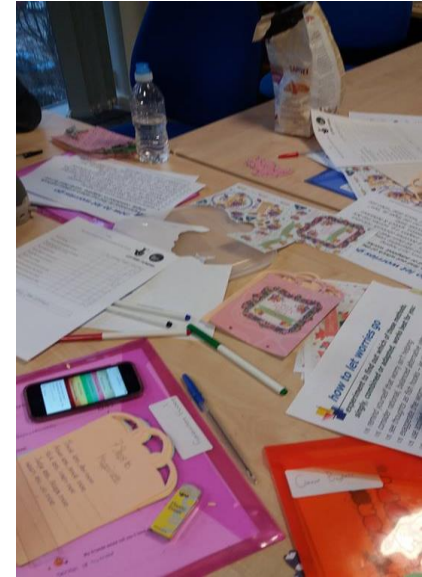
Week 1 is mindfulness

Week 2 is EFT

Week 3 is hand massage techniques

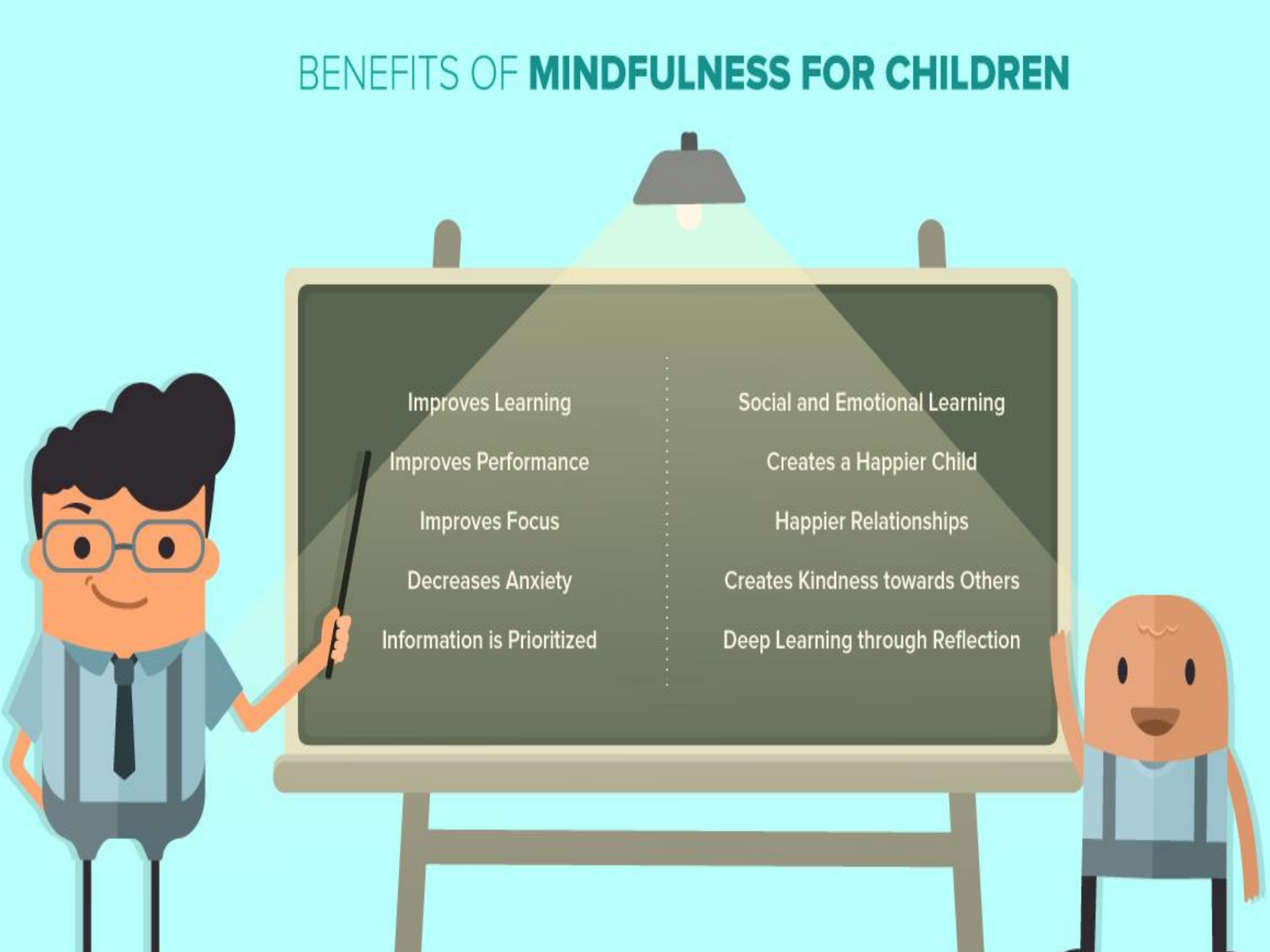
Week 4 is peer massage techniques

Week 5 is learning affirmations and making your own journal to keep and go back to when things get tough



We also help you to understand how your brain works and how it is affected by anxiety/depression, that way you can understand what is happening to you and feel more confident about dealing with it.

BENEFITS OF MINDFULNESS FOR CHILDREN



Improves Learning
Improves Performance
Improves Focus
Decreases Anxiety
Information is Prioritized

Social and Emotional Learning
Creates a Happier Child
Happier Relationships
Creates Kindness towards Others
Deep Learning through Reflection

PARTS OF THE BRAIN

1

AMYGDALA

programmed to keep you safe at all costs - regulates and blocks information from going to your prefrontal cortex.

2

HIPPOCAMPUS

creates, stores, and processes important facts and memories.

3

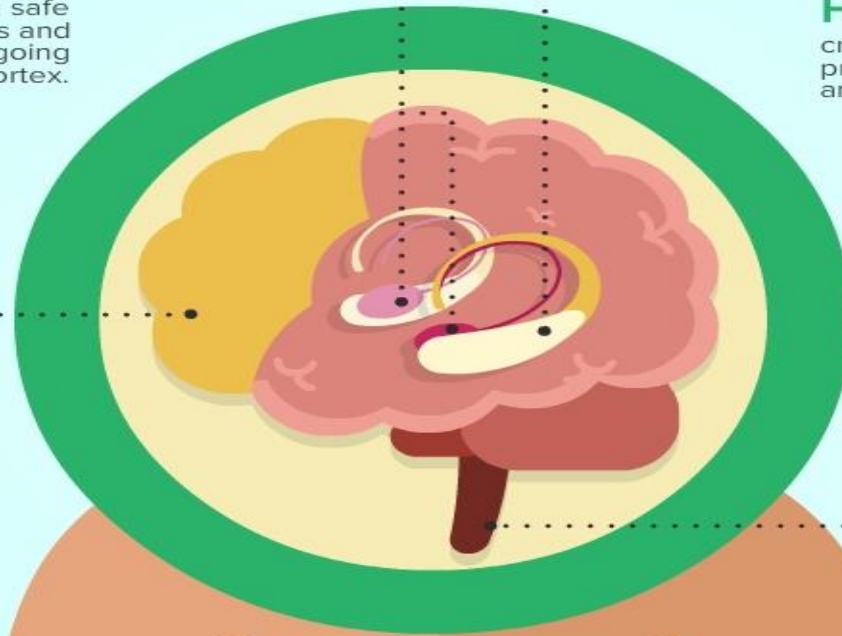
PREFRONTAL CORTEX

responsible for thoughtful decisions, calculations, problem solving, and staying focused on present task.

4

BRAIN STEM

connects the motor and sensory systems from the brain to the rest of the body, regulates cardiac and respiratory function.



What happens at the drop-ins

You are welcome to come along and chill out with a drink (hot chocolate, maybe!), biscuits or toast.

Have a look at information we have around the room, sit and talk to someone in confidence, talk with others that feel just like you.

We want you to feel like its your safe space, somewhere you are free to talk about your issues in confidence.

Parents and Professionals are welcome

Shhhhhh

What are therapies?

Indian Head Massage – a relaxing shoulder, neck and head massage

Reflexology – foot massage, it isn't ticklish!

Hypnotherapy – its just relaxation with goals

Reiki – again its relaxation and the therapist uses different hand positions on your head and shoulders

EFT – tapping, following the therapist you will tap on various places on your face whilst saying different things about how you are feeling

Where are we

The project is based at
The Core, County Way, Barnsley, S70 2JW which is a
2 to 3 minute walk from the bus station.

From the bus station, outside Costa Coffee, walk up
Regent Street on the right hand side towards the
Town Hall. The first turning on the right is County
Way, walk along here for a minute until you see a big
building on your left called 'The Core'.

Walk in and ask for TADS, see you there.

Referral Process

- We have completed a mail drop around Barnsley GP Surgeries. Due to your ever growing client list we understand that completing a referral form takes time, so we have devised a simple referral slip to complete (further information is not required unless you feel it is relevant), this can be given to the client to present at the drop-in or you can post it to us.
- Anyone can attend drop-in without a referral, they just need to turn up at The Core, County Way, Barnsley and ask for us.
- We work very closely with CAMHS and have a high number of young people on our caseload that are awaiting CAMHS intervention.
- We have a dedicated Psychotherapist from CAMHS that joins our drop-ins every Tuesday for advice.

If you don't want to join us, we understand, its difficult taking the first step.

- For help and support at home find these websites:
- Youth.anxietybc.com
- Youngminds.org.uk
- Anxietyuk.org.uk - tel 08444 775 774
- Nopanic.org.uk - tel 01753 840393
- Or text or email us

