

Early Action – Project Summary

Map are working in partnership NDHS on a 5 year project to improve the emotional wellbeing and welfare of young people. MAP services work with both groups and individuals supporting young people and their families in many different ways.

Counselling

One to one therapeutic work with a trained and qualified counsellor.

Horizons (one to one support)

Individual support sessions facilitated by youth workers

Lifetimes / MAPactive After School Club

Lunchtime and after school drop in sessions within school. Activities, receive information and self-refer into other services such as counselling.

Advice and Mediation

Confidential advice and support sessions to help young people cope with exam stress, managing anger, relationships, career plans, worries about home or school and/or any other issues that may impact on a their confidence and self-esteem. Mediation is a service that provides an opportunity for a young person and their parent/parents to sit down together and talk through issues with a MAP advisor as facilitator. Sessions provide a calm atmosphere and environment, without anyone taking sides.