

How do the services help?

Many young people find themselves overwhelmed with practical problems. These can include lack of money, poor housing, homelessness and debt.

Other young people find life very hard due to their mental health, disability, high levels of stress, anxiety, depression and feelings of loneliness.

Some young people find themselves facing a combination of the problems above as well as many others.

YASP services have been designed to help you with whatever combination of the above problems you are dealing with. You do not need a diagnosis of a mental health problem before YASP can help.

However, you do need to indicate which service would be helpful in any referral you make.



Making a referral

You can refer yourself if you are aged 15 to 25 and you think our services could help you. You can also ask a professional that you trust to make the referral if this is easier.

There are a range of ways to make a referral: You can phone or email and make a referral or request a referral form. You can also download the referral form from our website. Young people can also come into the Internet Café or the Advice Drop-in without a referral.

Referrals can also be made from any professional, parent or carer for a young person who would like to use our services. Please ensure you have the young person's knowledge and consent before passing on their details.

YASP

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Registered Charity Number 1102058 | Registered Company Number 4738057



What is YASP?

YASP is a service for 15 to 25 year olds. It is designed to help young people who are experiencing lots of stress or who have mental health problems. YASP is short for Young Adults Services and Project and is the part of Manchester Mind designed for young people.

People who use the services need to be:

- > Aged 15 to 25 years of age
- > Living in Manchester (or be homeless within Manchester)

All services are free.

www.manchestermind.org

What services are there?

Internet Café

Internet access for free and food available to buy. You can come in at any time when we are open. Staff and volunteers will be around to welcome you.

Café opening hours
Tues, Weds & Thurs, 10am to 4pm

Counselling & Assessment Service

Assessment available as well as short and long term counselling. All sessions are via appointment and delivered by qualified counsellors.

Advice Drop-in

Open access advice session every Wednesday afternoon from 2pm to 4pm. No appointment necessary.

 @YASPproject

15 to 18 year old's Casework

Advice and casework on benefits and housing problems. Home visits available as well as office visits – all arranged via appointment.

Mentoring

Eight one-to-one sessions with a trained peer mentor. Sessions take place at venues around Manchester and can help you to find new activities or to return to the things you used to enjoy.

Volunteering

Enjoyable volunteering opportunities in the YASP Café, as a mentor and throughout the charity.

