

# MYLIFE

Brook's one-to-one support work is part of our wider education offer. It is an early help programme which aims to empower and support young people to improve their own health and wellbeing.

Our 1-1 targeted support is aimed at young people aged 11+ who choose to take part.

Support is delivered as part of a fixed number of sessions (usually 6).



**SCAN FOR  
REFERRAL  
FORM!**

## WHAT TO EXPECT

Our targeted support helps young people to:

- ✓ increase self-efficacy
- ✓ own their issues / actions
- ✓ work with us as equal partners
- ✓ identify their own goals for support
- ✓ be inspired and motivated to see a positive future
- ✓ aspire to thrive