



Visyon supports children, young people and their families with their mental health and emotional wellbeing across Cheshire East.

Whether you're a young person or a parent, you can call us on **01260 290000** for more information. There is no need for a GP referral and our services are free of charge to children, young people and their families.



### One to one counselling

(Ages 11-19)

Speak with one of BACP registered counsellors for an hour each week, for up to 12 weeks, to discuss your worries in a safe space.



### Family support

(Parents of children 8+)

Information and advice to help you support your child's mental health and associated challenges.



### Mentoring

(Ages 11-19)

Meet with a mentor to identify new experiences, reignite old interests and develop the skills to achieve your goals.



### Parent workshops

(Parents of school aged children)

Join other parents for sessions on topics such as anxiety, sleep and relationships.



### Wellbeing groups

(Ages 11-19)

Join like minded young people, in a small group of 6, for creative workshops, discussions and peer support.



### Webinars

(Young people & parents)

Webinars on various topics presented by Visyon's mental health professionals.