

‘Next Steps’ Project!



Are you 15-18 years old and not in education or training?

The next steps project offers 6 weeks, free, individual and tailored support to suit your needs. Whether this is to gain more confidence, better understand your mental health, set meaningful goals or make positive changes in your life —we’re here to support you.

**For more information please contact: Rebecca Smith
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**We’re here to fight for mental health.
For support. For respect. For you.**