



Are you working with a young person struggling with their mental health?

Young Adult Wellbeing Service is providing group programmes for young adults aged 16-25 experiencing mild to moderate mental health challenges.

This will provide opportunities where young people can gain new skills and be active in their community.

**"I love the group!
It's the highlight of my
week!
On days when I attend I
feel a lot more
positive!"**

Young Adult Wellbeing Service

Call 0141 552 5592 to make a referral
YAWS@gamh.org.uk

gamh.org.uk

