

The Young Adult Wellbeing Service

As seen by the service users

YAWS offers young adults with mild to moderate mental health difficulties weekly, age-appropriate group sessions that aim to improve overall mental health and social wellbeing.



What Helps?

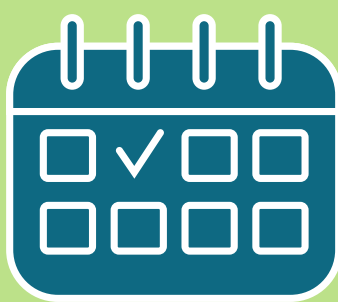
Shared Experiences

Being among others with similar experiences of mental health difficulties helped group members to feel understood and less alone. This created a safe space.



Escape from Negative Thoughts

The opportunity to socialise with others allowed the group members space away from negative rumination or traumatic memories.



Routine and Structure

Group members found having the group once a week gave them a sense of routine that helped their mood.



Service Informality

The informal structure offered by YAWS provides group members with a sense of autonomy which reduces their anxiety and helps engagement.

How Does it Help?



Confidence Building

Trying new things and meeting new people helped group members feel more comfortable out in the community and around others.

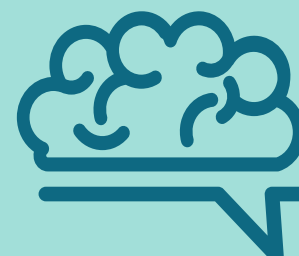
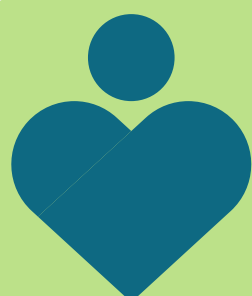
New Social Connections

Group members made lasting social connections that extended beyond the group and improved loneliness.



Self-Worth

Being in a compassionate and accepting group improved young adults sense of self-worth and they expressed a more positive self-view.



Open Dialogue

Some young people suggested more group discussions about their mental health would be helpful, especially around anxiety.

Reference

Wilson, M., Barreto, M., Chua, Y. W., Ali, R., Qualter, P., (2022) Evaluation of the Young Adult Wellbeing Service: What and how does it help? Project Report [or manuscript] in preparation.