



## Young Adult Wellbeing Service (YAWS)

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

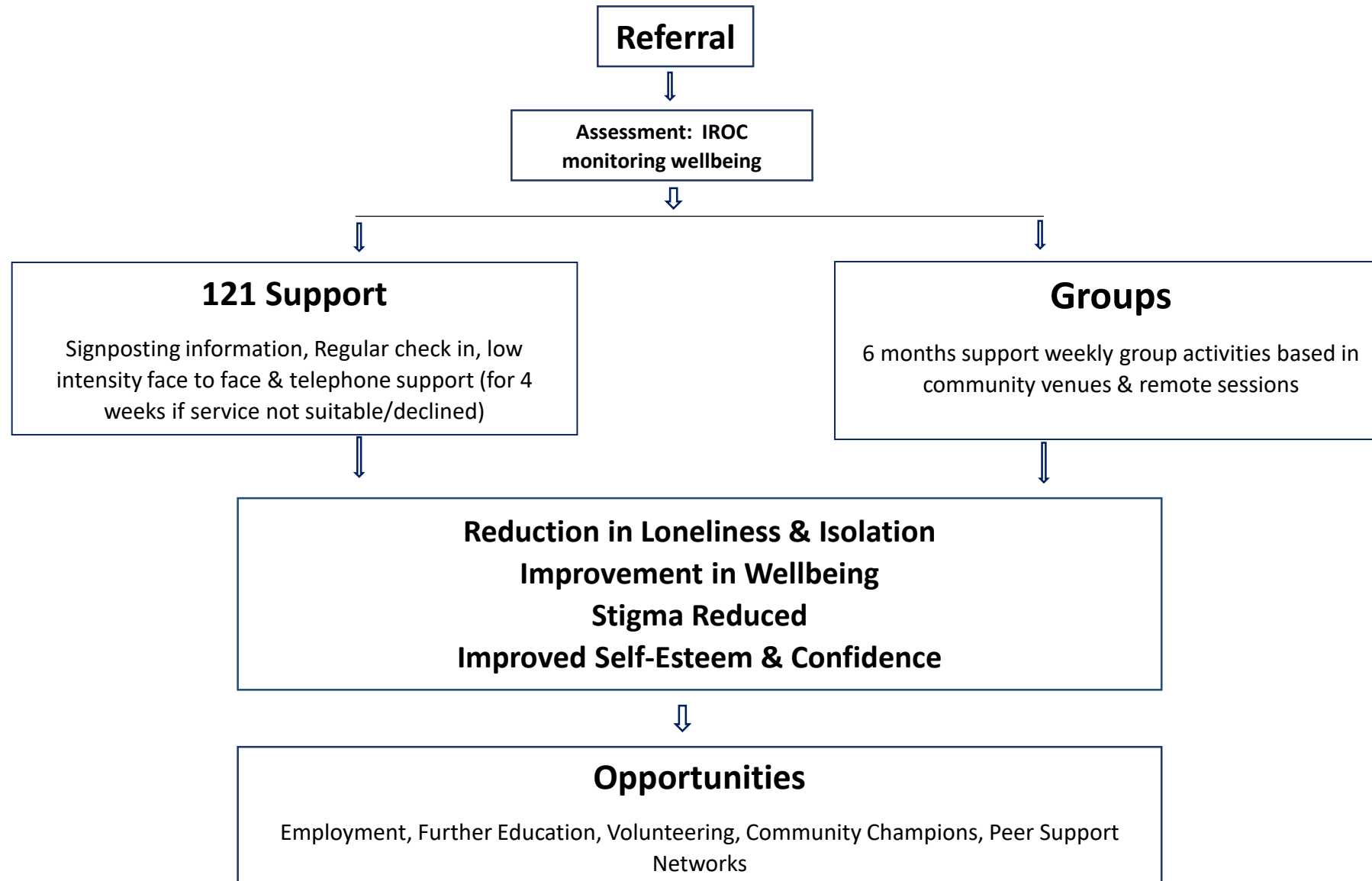


# What YAWS provides

## 6-month group support

If young person declines service, YAWS stays in contact with the young person for a maximum of 4-weeks to provide **signposting** information

# YAWS – Model



# What do the 6-months with YAWS look like?

## 1-1 contact

*Personalised support to enhance group engagement*

- Varying intensity (frequency, in-person/telephone) based on assessed and reviewed need
- Check-ins, I.ROC
- Platform to discuss challenges, receive some emotional support, person-centred advice, signposting to resources

## Weekly programme

*Social interaction, learning skills for wellbeing, participation*

In-person



Digital



## Optional activities

*Aimed at preparing for transitioning from YAWS*

- Mentoring (in development): focused on goals for the future
- Signposting/Engaging with community partners

# *A holistic, recovery based approach*

## *Weekly group programme*

<p>A. Wellbeing (30%) Varied activities to promote for social interaction</p>	<p>B. Skills development (50%) Mental health awareness, coping skills, employability</p>	<p>C. Community (20%) Participation, empowerment</p>
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## *Signposting – involving other agencies*

Food Poverty, Money & Debt Advice, Wellbeing support services

# Referrals

- GP
- GAMH
- CDRS (GAMH)
- Carers Services
- Youth Health Services
- PCMHT
- CMHT
- SOCIAL WORK

- Family
- Carers
- Other Support Networks



# Making Referrals

**GP, CAMHS, Education Departments, Health & Social Care, Housing Third Sector & Community Organisations. Referrals can be made by a young person or family member as long as we have consent to obtain GP contact details.**

Email: [yaws@gamh.org.uk](mailto:yaws@gamh.org.uk)

Telephone: 0141 552 5592

Link to referral form:

Website: [www.gamh.org.uk](http://www.gamh.org.uk)

Twitter: @GAMH1977



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GAMH (Glasgow Association for Mental Health) has been supporting the mental health and wellbeing of the communities of Glasgow for over 40 years. It is a company limited by guarantee registered in Scotland No 162089. GAMH is a charity registered in Scotland No. SCO11684

