



## BOOST

### Building Our Own Support Tools

BOOST is a new wellbeing service offering up to 5 sessions of 1-2-1 support for young people aged 10-18 in Newport.

Young people will be supported by a member of the BOOST team to build tools and coping strategies to help them manage their own mental health and wellbeing.

Support is currently available online, over the phone or using any other platform that works best for the young person.

To access BOOST support, please complete our short sign-up form at <https://tiny.cc/BOOSTnewport> and a member of our team will be in touch. For more information or a full referral form contact [abbey.rowe@newportmind.org](mailto:abbey.rowe@newportmind.org) or visit [www.newportmind.org](http://www.newportmind.org)



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