**Role & Remit**

HEAL: Helping Empower Adolescents Lives. We are a Mental Health and Wellbeing Service which works to educate and support those affected, indirectly, by serious violence in their community.

We can offer:

**Small group work** (tier 2) – mindfulness, grounding and identity work through arts and crafts therapeutic activities to create a safe space to explore the impact of serious youth violence and the impact this can have on our/their mental health and wellbeing.

**Workshops** (tier 3) – information sessions on sleep, anxiety, low mood, emotional regulation for young people (through PSHE lesson or assembly) or teaching staff as staff development.

**Tailored support** (tier 1) – after an incident of harm, we will work with the local community, education, police, and local advisors to decide on the best course of action. This may include vigils or offers of 1 to 1 listening support.

**The Team**

Team Manager: Carly Johnson – [carly.johnson@barnardos.org.uk](mailto:carly.johnson@barnardos.org.uk)

Project worker: Megan Read – [megan.read@barnardos.org.uk](mailto:megan.read@barnardos.org.uk)

**How can you refer?**

We are able to accept referrals from Safer Options, community organisations and education. Please get in touch!

A referral form will be shared and that can be emailed to: [oldmarketservices@barnardos.org.uk](mailto:oldmarketservices@barnardos.org.uk)

If you would like to discuss a potential referral, please do contact the team manager who will be happy to discuss this.