

Headlight provides:

- Fortnightly facilitated peer support sessions for young people
- ☐ Which take place in Axminster, Sidmouth and Ottery st Mary
- Access to one to one support and guidance during sessions
- We are growing our services across other towns in East Devon-please contact us for more info



Headlight is a young people's service run by Action East Devon.



Action East Devon is the leading local charity working with the people, communities and organisations of East Devon to create the services and support they need to live happier and healthier lives. Headlight is an Action East Devon service.

Reg'd Charity No 1134611



Are you feeling worried, anxious, depressed or alone?



Headlight provides a friendly, non-clinical space for young people in East Devon and their families, who are affected by emotional and mental health issues.

What is Headlight?

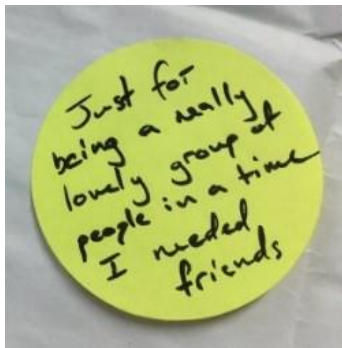
At Headlight we recognise that it isn't always easy to talk about our emotional and mental wellbeing. Fear about what other people might say, or of being laughed at, or not taken seriously can often stop us from taking that step.

If you are worried about how you've been feeling, you do not have to struggle on alone in silence.

Our peer support sessions provide an opportunity for young people to explore their concerns in a safe, friendly and non-judgemental environment. Run by a team of staff and volunteers, our sessions provide an opportunity to meet with others who are experiencing similar issues, to talk, share, give and receive support in an informal, non-clinical setting.

Our volunteers and staff range in age and experience, with the majority having either a lived experience of mental health difficulties, or having worked with young people in this field.

Everyone at Headlight is there because they want to help, and you can always be assured of a warm and friendly welcome.



What happens at our support sessions?

Our support sessions are intended to be both supportive and fun.

- **Ottery-Monday 6pm-8pm**
- **Sidmouth-Monday 6-8pm**
- **Axminster-Thursdays 6pm-8pm**

Alternative weeks for 13-18 yrs old and 18-24yrs old

At every session, there will be time to chat, share food together, and the opportunity to take part in a range of activities. These are designed to support mental and emotional wellbeing, build confidence, self-esteem, resilience and develop ways of coping when life gets tough.



Activities range from art, craft and music to bush craft, cooking and meditation. We are always open to new ideas for activities, after all, **these sessions are for you**, so volunteers, staff and young people all work together to help shape them.

It is important to add that during sessions, there will always be someone on hand to offer one-to-one support for those times when you need to talk things through.

How is the service funded?

Our service in Ottery St Mary is funded by Ottery Help Scheme and Ottery Hospital League of Friends, supported by core funding from other streams such as 'Reaching Communities'

Headlight in Sidmouth is support and co-funded by Sid-Valley HELP and the good will of the community

Headlight in Axminster is co-funded by Northbrook Trust, a local charity that supports young people under 25.

Our other continuing work across East Devon is funded through a variety of funding streams such as Children in Need, other local organisations and the goodwill of fundraisers.

