

PRESS RELEASE

For immediate release

DIFFERENT NAME, SAME GREAT SERVICE!

Action East Devon is proud to announce the relaunch of its young peoples' mental health and emotional wellbeing service, Headlight. Headlight, formerly known as The Project, helps young people experiencing emotional distress through regular peer support sessions held in Axminster and Ottery St Mary.

A number of new names were suggested with Headlight winning the most votes in a poll of young people, volunteers and supporters. The new name has been met with approval from young people who use the service, one of whom commented "it is a simple, positive name that fits with the idea of lighting the way."

The new logo was designed by Sarah (pictured) who is a session volunteer. Sarah came up with the idea after young people were asked to get involved and share their ideas for the new design and branding.

Emma Curtis, Headlight Manager said "I am pleased to be moving forward with a new name and logo that positively reflects the service we offer young people, particularly as they were very much involved in the process."

Chief Executive Officer at Action East Devon, Charlotte Hanson, said of the new name "I am delighted that young people and volunteers have been involved in deciding on the new name and logo for our young people's mental wellbeing service. The name Headlight captures our approach to mental health by helping young people to develop life skills, coping strategies, and resilience."

Last year the service directly supported more than 100 young people and parents through the delivery of 81 peer support sessions. Referrals to the service increased by 15% compared to the previous year, which reflects a growing number of young people who are seeking help and support to improve their mental wellbeing.

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.

If you would like to get in touch with Headlight, contact Action East Devon on 01404 549045 or 07741 646 426.

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Notes for Editors:

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About 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.

- We run projects and deliver services, working with people and communities to meet the needs of the most vulnerable people in our society.
- We work with volunteers and voluntary organisations and give them access to the support they need to make their community stronger.
- We give community and voluntary organisations a voice and we represent them in East Devon and further afield, to help meet the needs of our most vulnerable citizens.
- Action East Devon is a member of Devon Voluntary Action (DeVA).

To find out more about our work visit our website www.actioneastdevon.org.uk

About Headlight:

Headlight is a peer support service that helps young people aged 13-24 with their emotional wellbeing. Based in Axminster and Ottery St Mary, this is a free service open to young people and their parents and carers from across the area. Fortnightly **peer support groups** for young people in two age groups—13-18s and 18-24s are held in both Axminster and Ottery St Mary.

Headlight's focus is on early intervention and prevention, and is there to support young people who do not satisfy the criteria to receive help from Child & Adolescent Mental Health Services, Adult Mental Health Services or other services. It can also provide additional support to young people who are under CAMHS/AMHS and support young people through transition, or discharge from services.