

# #REASONS2 BE KIND TO YOURSELF AND OTHERS



FIND #REASONS2 BE KIND

Kindness can be simple, helps others and improves our wellbeing. Self-kindness is also important for wellbeing and can lead to a positive change to inner-voice.



## Young people

A free and confidential service providing support for young people aged between 11-25yrs, and living in Hetton, Houghton, Sunderland and Washington.

**We offer:**

- Counselling • Groupwork • Workshops
- Training and Volunteering opportunities

The service continues to develop and be influenced by the needs and opinions of young people.




**Looking to improve your own health and wellbeing, or want to help a friend, colleague or a family member?**

**Don't know where to start...**

**Visiting wellbeinginfo.org may be the first step you need to start making these improvements...**

To visit the site go to **wellbeinginfo.org** or simply scan the QR code on the right...

### The story behind Ray's Corner

Following Ray's tragic suicide in 2020 his family donated in his memory to Washington Mind, to support us in making a difference. Ray's Corner is part of this legacy. Ray's Corner is for anyone of us across our City who are in need of support – for themselves or for others. We hope that by working with you to have Ray's Corner available in workplaces and community settings across our local area, people will be able to find the right support. For more information visit...

**wellbeinginfo.org/rays-corner**

Scan our QR code to find out more about our services



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## Washington Mind

Services at **The Life House**



Seeing people - not problems ...



## Our Mission Statement...



Washington Mind offers a range of mental health and wellbeing services and training to respond to the needs of local people who are experiencing, or who are at risk of developing, mental ill health and emotional distress or are looking to improve their wellbeing.

“Our mission is to work in partnership with our community to promote recovery and improve mental health and wellbeing.”



The Life House is Washington Mind's main base and provides a range of mental health support, information resources and wellbeing activities. We work with local partners to offer accessible services tailored to the needs of the community.



We have a packed schedule of services and activities such as open mind and creative mind sessions, anxiety management, craft group, reading and film club and knit and natter group. We also provide alternative therapies offering a range of treatments,

**Our partners also deliver exercise classes, slimming groups, yoga and baby/toddler groups.**

...MAKING THE MOST OF YOURSELF



Café Life hosts a weekly programme of wellbeing activities including brunch and opportunities for social healthy-lifestyle activities.

We have a light bite menu with a range of hot and cold drinks. We have both indoor and outdoor seating, including a covered area and three private dining pods! Plus, a dog friendly area of our garden! Our garden area includes a play area for children and young people with additional needs, as well as an allotment area, chill out relaxation spaces for adults and a marketplace area.



## Listening Ear

The Listening Ear project is expanding to offer a wider variety of support to our service users...

### We currently offer...

EMOTIONAL SUPPORT

BRIEF INTERVENTION

REGULAR WELLBEING CALLS

GRADED EXPOSURE INTO SOCIAL SUPPORT

**For more information contact  
Washington Mind**

Our training services and...



Our experience, expertise and knowledge surrounding mental health and wellbeing create a solid foundation for the bespoke quality training programmes that we co-produce, develop and deliver.

Our current training programme includes Mental Health First Aid (MHFA) 2-day, 1 day and 1/2 day courses. MHFA 1/2 day Refresher course, Youth Mental Health First Aid, A LIFE Worth Living suicide prevention training (ALWL ©), The Stories We Tell Grief Training, Wellbeing in the Workplace and 1 in 4 Mental Health Awareness.



## Counselling Services

### Need to talk?



Washington Mind's...

Counselling Service is accredited by the British Association for Counselling & Psychotherapy (BACP).



Counselling provides a safe space for you to talk about and explore your thoughts, feelings, and experiences. Counselling can help you have a better understanding of yourself and others and find your own solutions to enable change. We work in partnership with Sunderland Psychological Wellbeing Service, and we offer telephone and face to face counselling appointments. We offer one to one and therapeutic group support.