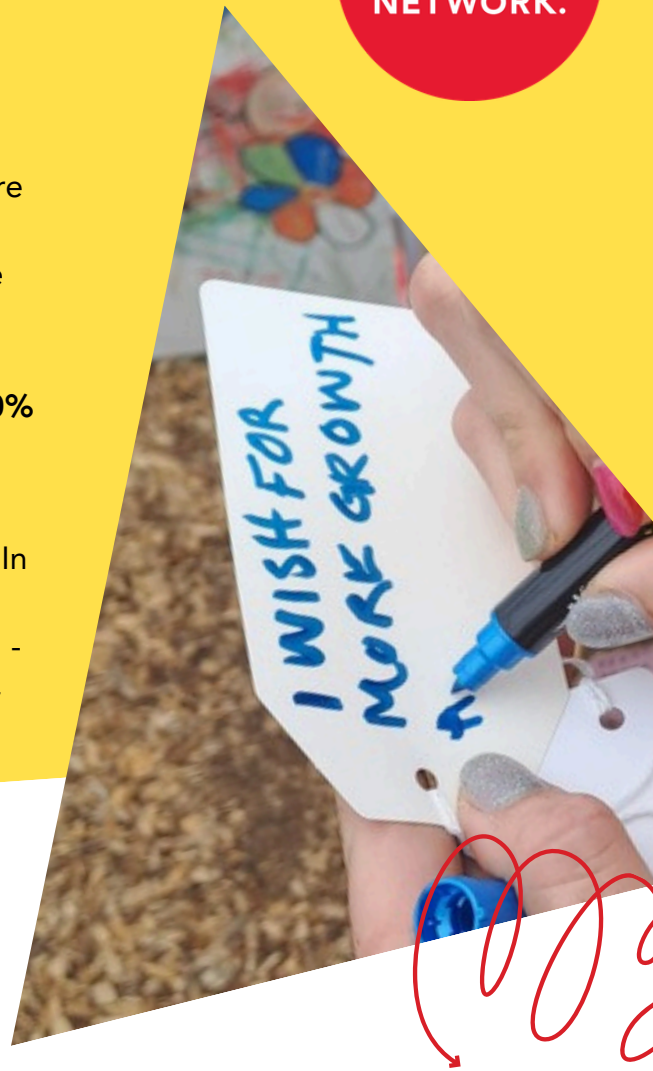


MENTAL HEALTH SUPPORT

CREATIVE
YOUTH
NETWORK.

Young people across Bristol and South Gloucestershire are navigating rising pressure on their mental health, shaped by anxiety, isolation and widening inequality. Services are seeing a high number of young people waiting to access support and longer waiting times. **Over half a million young people were on waiting lists for support with 50% waiting over a year to receive help** (Mind, Care before Crisis Report, 2025, citing ONS stats).

Young people are clear they don't want to wait for crisis. In response, we shaped early, accessible support built on trust. We embed wellbeing into everyday youth provision - blending youth work, creativity and therapeutic practice - so support is relational, consistent and rooted in young people's lives.



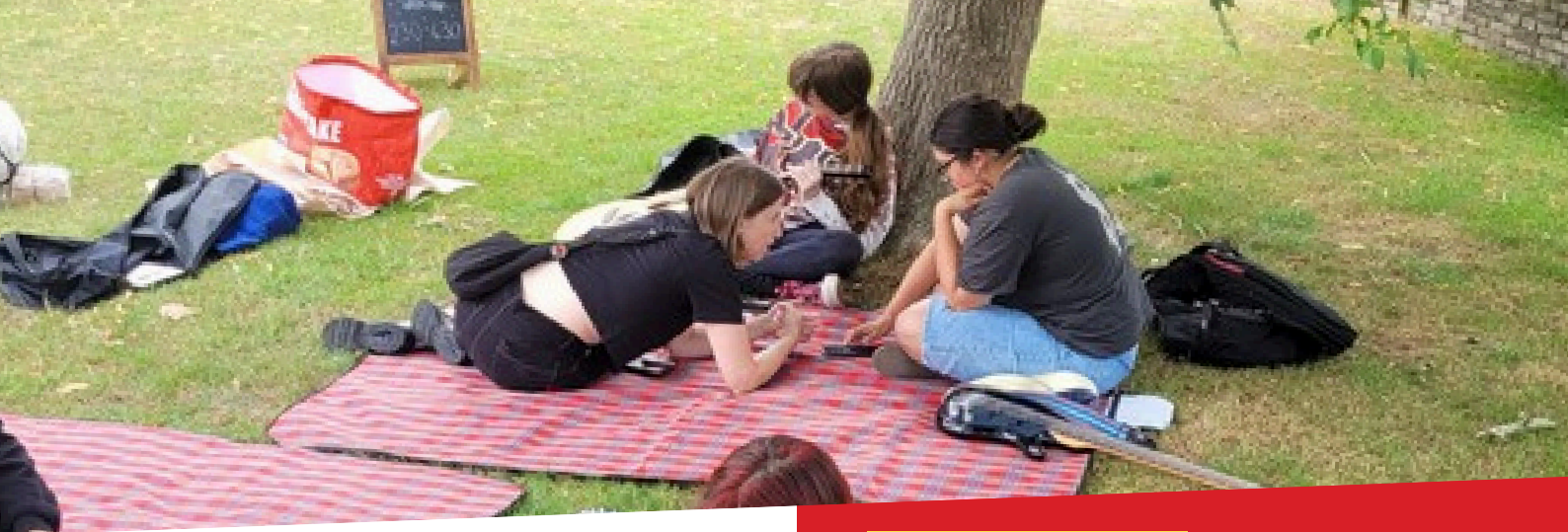
WALK IN SERVICES IN BRISTOL

Throughout 2025 The Station became a key part of Bristol's early mental health infrastructure. With investment from the Prudence Trust, we combined qualified wellbeing practitioners with youth-work-led duty support, creating a single, trusted front door in the city centre. Over the year, young people accessed support in ways that felt manageable and non-clinical, whether through drop-in conversations, one-to-one wellbeing work or structured CBT interventions.

100+ young people received our direct support with mental health or wellbeing at The Station

No young people were turned away - trauma-informed youth workers adapted support, maintained relationships and kept pathways open. Wellbeing Practitioners meant young people were seen quickly to address mental health challenges rather than face weeks or even months of waiting times.

The impact has been clear: young people supported showed improved wellbeing, with strong progress in confidence, relationships and goal-setting. And beyond The Station, this work strengthened collaboration with health, education and VCSE partners, demonstrating how community-based support can bridge gaps between statutory and voluntary systems.



SUPPORT WITHIN COMMUNITIES

Our wellbeing support stretched across Bristol and South Gloucestershire, supporting young people in their communities. In places like Kingswood, young people moved between informal conversations with youth workers and structured therapeutic support, building the confidence to talk openly and act on what they needed. This local, joined-up approach meant young people were seen earlier, supported consistently and able to apply what they learned in real life - whether returning to school, rebuilding relationships or managing anxiety.

→ **73% reliable improvement**

→ **96% satisfaction rate**

→ *Reported by young people seen by our wellbeing practitioners between May and September*

Funding from the John Lewis Community Foundation enabled us to refurbish our dedicated wellbeing room in Kingswood - giving young people a safe, private space to reflect, talk openly and access support on their own terms.

Katie's Story

Katie received free support from our Wellbeing Practitioners in her local area.

When I first met Katie, she described feeling anxious most days, and this was starting to limit what felt possible - avoiding school and stepping back from activities she had previously enjoyed.

Together, we worked through an eight-week programme focused on understanding and exploring how anxiety showed up for her. The work was collaborative: she brought her experiences, and together we shaped strategies that felt realistic to use beyond sessions. As her confidence grew, she began practising these approaches at home and in school, building a sense of control over what had previously felt overwhelming.

This began to translate into everyday change. She returned to school more consistently, joined an after-school club and became more open to trying new or previously difficult situations. By the end of the programme, she was clearer about how to recognise and manage her worries, and described feeling more in control.

[We've] seen such a difference" - Parent