

Attending Rise

Whilst attending the Rise Emotional Wellbeing Service, any child or young person has the right to:

- **Request a different worker**
- **Access any information that we hold about them**
- **Refuse the service, if they do not want to engage**

When children and young people attend Rise, it is important to know that what is said to any member of staff is **confidential**.

This means that what is said is **private** and we will not discuss it with anyone else outside of the organisation including:
parents, teachers, friends or social workers (unless there is something we agree that they want us to share).

There are however some exceptions to this.
If we were told that ...

- **A young person is in danger (themselves or someone else)**
- **Someone is hurting a young person or is going to hurt them**
- **A young person is going to seriously hurt themselves**

OR

If we are concerned for the wellbeing of any young person

In these situations we may need to talk to someone outside of Rise in order to keep them safe...but we would always try and talk to the young person about this first.

If you have any further queries about the information in this leaflet or anything regarding the Rise Emotional Wellbeing Service, please do not hesitate to contact us.

About Rise

Rise Emotional Wellbeing groups are for children and young people living in Warwickshire, aged 7-18, who are finding life difficult.

We provide a range of group work, including Anxiety Management, Low mood & Self Esteem and Anger awareness.

We provide these services at our own centres and other community venues.

Our staff team Primary Mental Health Workers, and Volunteers.

Opening Times

Our office is open

Monday-Thursday 9am-4.30pm.

Friday 9am-4pm

The Junction
Children and Young People's Centre
141 Far Gosford Street
Coventry

Phone: 02476 631835
Website: www.cwmind.org.uk



Emotional Wellbeing Groups Information



Anger Awareness

Overview

This children and young people's (7-18) education programme, encourages young people to recognize what triggers their anger, provides opportunities to understand the main causes of anger and helps to identify effective alternative ways of reacting in times of conflict.

Objectives

- To enable young people to understand cause and effect
- To help identify avoidable confrontation
- To help develop self-regulatory skills (behavioral responses in times of conflict)
- To enable young people to understand factors that contribute to negative responses

Topics typically covered

- Anger
- Self-awareness
- Self-esteem
- Relationships
- Communication Skills
- Problem solving

Low Mood & Self-Esteem

Overview

This children and young people's (7-18) education programme provides young people with the skills and knowledge to support positive thinking and develop healthy coping strategies.

Objectives

- To teach young people about low mood and self-esteem
- To gain an understanding of factors that influence self-esteem and how it affects our daily life
- To increase self-esteem, emotional resilience and confidence

Topics typically covered

- Self-esteem
- Relationships
- Stress & depression
- Self harm
- Bullying
- Worries
- Body image
- Problem solving

Anxiety Management

Overview

This children and young people's (7-18) education programme provides young people with knowledge and understanding of the physical and emotional reactions to stress and anxiety. In addition to this, the programme provides the opportunity to learn practical skills to effectively manage anxiety.

Objectives

- To help young people learn self-help coping strategies
- To increase understanding of stress and anxiety and the impact on social, physical and mental health (psychological and physiological impacts on wellbeing)
- To teach young people skills to manage anxiety through practical relaxation exercises

Topics typically covered

- Physical responses to anxiety
- Worries
- Breathing techniques
- Practical relaxation methods
- Problem solving

**All courses are usually 1.5 hours once a week for 6 weeks.
Group sessions are based around discussions and a range of activities.**