

BOOST

FAQs answered by Newport Mind's Young Wellbeing Ambassadors

What is BOOST?

BOOST is a new wellbeing service for young people in Newport between the ages of 10-18. There will be up to 6 weekly sessions of 1-2-1 support where you will have up to an hour to talk to someone from the BOOST team. They will support you to build tools and coping strategies to help you manage your own mental health and wellbeing. That is why BOOST stands for Building Our Own Support Tools.

How will the sessions be arranged?

The sessions will likely be once a week over a six-week period, although the team can be flexible around what works best for you. The sessions can last up to an hour.

Who is BOOST for?

BOOST is for anyone in Newport aged between 10-18 who would like to learn more about how to look after their mental health and wellbeing. This might be particularly useful if you are worried about your mental health or about how you are coping at the moment. An example of this might be worries around COVID-19 and the people you love, school work and transitions, feeling lonely, or it might be that you have been experiencing low mood, negative thoughts, poor sleep and eating habits, or just that things don't feel quite right for you at the moment and you would like a place to explore this without fear of judgement. Even if what you are experiencing is not mentioned here, that's ok, the service is for everyone.

How will BOOST be delivered?

Over the summer, BOOST sessions will be delivered online, over the phone or using any other platform that works for you (e.g. Zoom, WhatsApp video, email, messenger services). From September, the team hope to deliver BOOST sessions to you directly from your school.

Will what I say be kept secret? Can I speak in confidence?

The BOOST team will keep all your conversations confidential, which means they will not tell anyone what you discuss. The only time they might have to break confidentiality is if you or someone else might be in danger, although the team will do their best to keep you involved and aware of decisions if this does need to happen.

What am I expected to talk about?

You can talk about anything that is going on in your life that might be causing you some worry, or just about how you have been feeling lately. You can talk about things from that past or thoughts about the future. It's also ok not to share something if you don't feel comfortable. If you don't know what to talk about, the team will have some thoughts and ideas to guide you.

What happens in the first BOOST session?

At the beginning of your first session the team will ask you to complete a couple of forms. They will then spend the rest of the session getting to know you. You can decide what you would like to focus on. Topics can vary from feelings & behaviour to issues with friends and family. Whatever you are comfortable to speak about.

Who will be delivering this support?

You will receive support from one of the BOOST project workers. You can find out more about them on the Newport Mind website, and they also have some staff bios on Instagram and Facebook.

<https://www.instagram.com/changingmindsprojects/>

<https://www.facebook.com/changingmindsprojects/>

How can I sign up to BOOST?

The first step is to complete our short (1 minute) sign-up form using the following link <https://tiny.cc/BOOSTnewport>.

Once this has been completed, someone from the BOOST team will be in touch to provide you with more information, collect a few details and find out a bit more about you before starting the support.

What can I hope to gain from this service?

The team will provide you with a safe, non-judgmental and confidential space to talk and be listened to. They will support you to learn about yourself and how to build your own toolkit of coping strategies so that you can manage your own mental health and wellbeing. They will be guided by what you want to work on and what you feel comfortable with. They will also be able to give you information about other support services and websites.

What if I don't want to carry on with the sessions?

You can opt-out of support at any time without having to say why. It's totally your choice and the team will support what you decide.

Will I have the same project worker throughout?

It is more than likely that you will have the same project worker throughout, although if there are any issues, we will contact you.

What if I require extra support after the last session?

During the last session, there will be a conversation about the next steps for you. If you feel you require extra support, we can direct you to other local services.

If you have any questions that we didn't manage to answer here, you can always call or e-mail the team to have a chat. Here are the details for the BOOST coordinator:

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07966 289238