



**innovatingminds**

BELIEVING IN YOUNG PEOPLE

**Building  
Better  
Opportunities**

## WHO ARE WE?

Innovating Minds offers **specialist psychological support**, as part of the Building Better Opportunities Progress Programme, for **young people struggling with difficulties such as anxiety, stress, depression and low self-esteem.**

## WHAT CAN YOU EXPECT?

You will be offered an initial assessment appointment which will be carried out either over the phone, or at a venue that's local and familiar to you. **The assessment will take place with our welcoming team.** We will ask you some questions about how you are feeling, discuss the difficulties you are experiencing, and we will agree with you the best way forward.

**The sessions are confidential** in the sense that we do not share all of the information you tell us. However, if we are concerned about your safety, or the safety of someone else we will have to share this with your Progress Coach, and the necessary services such as safeguarding teams.

## HOW WE CAN HELP?

We have a team of qualified and experienced professionals, who can **deliver flexible support across Coventry & Warwickshire** that is tailored to you. Therapy can be offered on a one to one or group basis, and support can be provided to your Progress Coach.

**One-to-one sessions will last around 1 hour** and on average you will be offered 10 sessions. However, you may have more or less depending on your needs.

**Group programmes usually consist of approximately 10 sessions**, and group sessions will be made up of no more than 10 people.

**We offer well researched support and talking therapies.** You will be provided with the opportunity to talk through issues you feel are important, and we will work on how these can be addressed. **Our team will work with you to overcome the barriers that are getting in the way of you accessing further education, training opportunities or employment.**

We are  
here until  
**December  
2018**



**NATIONAL  
LOTTERY FUNDED**



**European Union**  
European  
Social Fund



## MEET THE TEAM



**Dr Asha Patel**  
Clinical Psychologist



**Heather Ellender**  
Assistant Psychologist

“  
I feel like  
10kgs have  
been taken  
off my  
shoulders!  
”

## CONTACT US

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## NEED HELP URGENTLY?

If you need to speak to someone urgently, call the  
**Mental Health Matters helpline 0800 616 1717** 24/7 number.

If it is a **medial emergency**, please dial **111/999**.

