

Wellbeing Service

Who?

We help young people, aged 8-18 years that might be feeling unhappy, worried, scared, or not be feeling good about themselves.

What?

We help people using Cognitive Behaviour Therapy. We listen carefully, and help people to think or do things differently.

When?

We can see you from Monday to Friday, between 9am and 5pm. Meetings take from 15 minutes to 1 hour. We can meet up to 8 times.

Where?

We can talk in person, or on the phone. We'll meet wherever feels safest. This can be at our office, at school, or in your home.

Drop – in Sessions

You don't need an appointment, just turn up.

Paignton

Tuesday:
3pm – 4.30pm

The Beehive, Paignton
Enterprise Centre,
Bishops Place

Brixham

Wednesday:
3pm – 4.30pm

The Barn, Brixham
Enterprise Estate,
Rea Barn Road

Torquay

Friday:
3pm – 4.30pm

Checkpoint,
7 Victoria Road,
Torquay