



Suffolk Young People's Health Project - 4YP



4YP provides and co-ordinates services that aim to improve the social, emotional and physical health and wellbeing of young people in Suffolk, aged 12-25.

Through advice, guidance, and practical support we help young people develop the skills and knowledge they need to lead healthier, happier, safer, more resilient lifestyles and to make more informed choices to enable them to reach their potential.

This is vital work. Our services fill a gap in local provision, by helping any young person with issues affecting them. This includes individuals who do not fit the criteria for conventional support. We also offer many creative, engaging recreational activities, to aid the health and wellbeing of young people.

Our services are free and completely confidential so anything that is discussed is handled with respect, trust and without judgement. Some of our services include:

Drop in: Drop-in to see a Young People's Worker, who can provide one-to-one and group support and guidance with issues such as emotional wellbeing, housing and benefits, life skills, budgeting and signposting to other services such as legal advice

Counselling: We provide access to short-term counselling (six-eight weeks) to provide emotional support. More general issue advice is available through the counselling service at 4YP

Sexual health: Our Young People's Workers can offer advice, guidance, and the C-Card scheme during our usual drop-in hours

Facilities: Our facilities include a shower, kitchen, laundry, computers, and a store of clothes that have kindly been donated, including outfits appropriate for job interviews. Some of the facilities, such as the cooking facilities, are used to provide guidance on healthy life skills and how to eat well on a budget

Ask the 4YP Expert: Our confidential, live online 1-to-1 chat service that offers personalised information and advice for young people throughout Suffolk every Monday to Wednesday, 5-7pm.

We also run groups and activities weekly including Girls Group, Boys Group, Big Stars Little Stars, Walk & Talk and Make an Impact, which all aim to improve the wellbeing of those using our services.

To find out more about our services, visit our website <http://www.4yp.org.uk/>