

WELLBEING TOGETHER

SOUTH WEST PARTNERSHIP

An exciting partnership providing free mental health and wellbeing services for young people.



ELIGIBILITY AND REFERRALS

Any child or young person aged 5-24 years, up to 26 years if care-experienced.

We welcome referrals from families, education & health professionals, social workers etc.

Living in the South-West Edinburgh locality.

Scan code to access our referral form.



THERAPY/COUNSELLING/1:1 SUPPORTS

PLAY THERAPY

5-12 YEARS

Open to children who have experienced trauma – weekly therapeutic sessions using the medium of play to help children work through the difficulties they can't put into words, improving mental health & wellbeing and self-regulation.

ART THERAPY

5-24 YEARS

Open to those who have experienced trauma - weekly therapeutic sessions using the medium of art to help children and young people express difficulties and emotions work, improving mental health & wellbeing and self-regulation.

COUNSELLING

13-24 YEARS

For those who have experienced adversity - Bespoke therapeutic sessions using a range of tools to support young people with a wide range of mental health needs.

TIME FOR ME

11-18 YEARS

For young people experiencing low mood and anxiety – an 8 session one to one life-skills course that supports development of personal tools to cope with life's challenges.

PHEW

16-24 YEARS

For young adults experiencing isolation and low wellbeing - One to one mental health support for those aged 16 to 26 who might not be comfortable or ready to take part in our PheW group sessions.

NEURODIVERGENT SUPPORT

NEURO STARS

5-12 YEARS

For children and young people who have or are awaiting a neurodivergent diagnosis - an activity-based weekly support group for children, and their parents and carers.

PARENT SUPPORT

PARENT/CARER CONSULTATION

5-12 YEARS

Open to parents and carers of children aged 5 to 12 - Informal advice and support around mental health and well-being of children.

GROUP SUPPORTS

SCHOOL'S OUT

5-12 YEARS

For children facing hardship and poor mental health – holiday activities in a safe environment, providing connection, support and fun.

T.E.A.M.

8-12 YEARS

Open to children facing disadvantages which is impacting their mental health – a weekly wellbeing group.

TIME FOR ME

11-18 YEARS

For young people experiencing low mood and anxiety – an 8 session life-skills group course that supports development of personal tools to cope with life's challenges.

THAT'S ME GROUP

12-18 YEARS

Open to young people with adverse childhood experiences, levels of distress and wellbeing concerns – peer support and connection through physical and social activities.

SWITCHING PLAY

13-16 YEARS

An initiative for young people struggling with school engagement and experiencing isolation – connection and support through football and physical activity.

WELCOME THROUGH FOOTBALL

15-24 YEARS

Open to refugees and migrants who have experienced trauma, social exclusion and language barriers – weekly football-based activities to reduce isolation, support connection and enhance mental well-being.

PHEW GROUP

18-24 YEARS

For young adults experiencing isolation and low wellbeing - a friendly space encouraging recreational activities which promotes social connections and a better understanding of mental health.

Scan code to see the full list of services available.

