

Emotional Health & Wellbeing

Working together towards positive change

Early Break offers a number of service to support 'Emotional Health & Wellbeing' for children, young people and families such as Mindfulness sessions, Holistic Therapies, Bereavement & Loss Counselling, Emotional Health & Wellbeing Groups and Family Support.



Holistic Therapies

We offer Holistic Therapies as part of treatment intervention - this includes Aromatherapy, Auricular Acupuncture, Electro Stimulation Therapy (EST) and Indian Head Massage. Benefits include tools to manage stress, social anxiety, improve self-esteem, be able to self-regulate emotions, improve sleep and daily routines and to feel happier and more able to cope. The Holistic Therapies service can also be purchased privately to aid the wellbeing of adults and young people in various settings such as work, schools or children's homes. Please contact us for more information on how we might be able to help.



Mindfulness

Early Break offers Mindfulness sessions. Mindfulness is the human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us. Mindfulness utilises the breath and reflective skills to help children and young people improve their ability to pay attention, to calm down when they are upset and to make better decisions.



Bereavement & Loss Counselling

Young people do not always get a chance to explore their feelings around loss. This can include other recognised forms of loss such as divorce, a parent/carer in prison, hospital or the armed forces, parents with complex mental or physical health, or substance use.

Our specialist counsellors work holistically with young people to improve their long term mental health and wellbeing. The counselling also has a preventative element as they prepare young people to be more resilient moving forward in life, offering coping mechanisms around the loss they have suffered.



Emotional Health & Wellbeing

Early Break offers 'Emotional Health & Wellbeing' sessions for young people. The aim is to reduce the risks that a young person might take in relation to their emotional health and wellbeing and increase their resilience to work through emotional issues and improve self care. We offer group work and one-to-one sessions.

This guide gives a broad outline of our services, however due to the nature of charitable funding and commissioning; the offers may be widened or changed. Visit our website and social media platforms for up to date information. See what we are up to and tell us your views and experiences too!

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Like all charities, Early Break relies on the goodwill of volunteers and fundraisers to support them. If you would like to help Early Break at events, pre-event organisation, administration, corporate sponsorship, third party fundraising and much more, please get in touch.



For more information about drugs and alcohol visit our microsite: **dontbeazombie.co.uk**



For more information about understanding emotions visit our microsite: **memotional.co.uk**

If you would like to make a donation to our charity now, please log onto: **www.earlybreak.co.uk** and press the 'donate now' button on the homepage.