

Feedback

"I feel I know how to achieve my goals and my dreams"

"It [counselling] has helped me by talking and letting all my thoughts and feelings out"

"I think that the programme has proven very useful and will continue to in the long-run I feel it is something that I will be able to look back on as I continue to work on myself."

"It was interesting to write down and understand where my anxiety may have originated"

"Counselling has made me more confident and have a better understanding of past events"

"The programme has been helpful for giving me a different way of looking at situations and how to manage my emotions. It has also been a great way of realising what I want my future goals to be".

Contact Us

Isorropia Foundation

 01983 217791

 hello@isorropia.uk

 www.isorropia.uk

Scan Here



Youth Trust

 01983 529569

 info@iowyouthtrust.co.uk

 iowyouthtrust.co.uk

Scan Here



 & 

REFRAME

REFRAME PROVIDES
MENTAL HEALTH AND
WELLBEING SUPPORT FOR
16-25 YEAR OLDS
TRANSITIONING FROM
CHILD TO ADULT SERVICES

What We Do

8-week wellbeing workshops available at various locations, days, and times in Newport.

1:1 counselling sessions held at the Youth Trust

Expert Housing Advice & Guidance

Youth employment and training support

Information, advice and signposting to other services across the Isle of Wight

Workshop Topics

Mastering Anxiety

This workshop explores the roots of anxiety and helps develop a plan for confronting and overcoming it.

Confidence & Self-Esteem

Addressing negative self-esteem beliefs, this workshop offers practical solutions for positive change.

Overcoming Low Mood

Learn about factors contributing to low mood and strategies to uplift mental wellbeing.

Inner Critic

Recognise and combat negative self-talk to improve self-esteem and confidence.

Managing Emotions

Gain practical tools to manage and de-escalate overwhelming emotions.

Effective Communication

Enhance your ability to express needs and improve mental wellbeing through better communication.

Impact of the Internet on Mental Health

This topic explores how the internet influences mental health, including its effects on wellbeing, and social interactions.

Goal Setting

Develop a personal future planner with goals and aspirations for positive wellbeing.

1-to1 Support

Counselling and wellbeing sessions are offered by the Youth Trust for 16-25 year olds, providing a safe space to gain support on a range of issues, including anxiety, low mood, relationships, trauma and past experiences.

Youth Trust has a team of skilled counsellors offering talking and creative therapies.

