

## WHO WE ARE

We are Wellbeing Practitioners trained in Cognitive Behavioural Therapy (CBT). This means we focus on working with you, on difficult thoughts, feelings and behaviours.

## WHAT WE DO

We can provide a safe place for you to talk and be listened to. By supporting you to set achievable goals, we can support you to make positive changes and improve your wellbeing.

## HOW WE WORK

We're really flexible when working with you. We can offer 1 to 8 sessions, lasting 15 to 60 minutes. This could be face-to-face, by phone and/or online. We can guide you through helpful websites, apps and booklets too, which you can use to support yourself.

## GET IN TOUCH

Call: 0117 317 8800

Email: [iapt@1625ip.co.uk](mailto:iapt@1625ip.co.uk)

Visit: [1625ip.co.uk](http://1625ip.co.uk)

1625 Independent People  
59 Old Market Street  
Bristol  
BS2 0ER



1625 Independent People is a charity and a registered society (Co-operative and Community benefit Societies Act 2014, reg number: 23964R. We are exempt from registration with the Charity Commission but we are registered with the Fundraising Standards Authority).

1625 INDEPENDENT PEOPLE

# WELLBEING SERVICE

Anxious?  
Worried?  
Stressed?  
Low mood?  
Can't sleep?  
Low self-esteem?

We work with young people under the age of 18, who are struggling with difficult thoughts and feelings.

## MEET THE TEAM

**GEMMA**



## WHAT KIND OF HELP CAN YOU GET?

- Quick access without the long waiting lists
- A meeting to see what you need, and how we can help
- Up to eight sessions with a Wellbeing Practitioner to work towards your goals
- Face-to-face, on the phone, or online support
- Learn self-help techniques
- Information and advice about your wellbeing, and other services that might be helpful

**PUEGEE**



## GET STARTED

To get started, have a chat or find out more, call 0117 317 8800 or email [iapt@1625ip.co.uk](mailto:iapt@1625ip.co.uk) and ask for Gemma or Puegee.

We'd love to hear from you.

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1625 Independent People is a charity that supports young people aged 16-25 who are homeless or at risk of becoming homeless.