



Supporting children,  
young people and families

## My Time Too! aims to:

Reduce isolation

Raise self-esteem

Increase confidence

Develop positive  
relationships

Teach coping strategies

Build resilience

Boost overall wellbeing



Supporting children,  
young people and families

## For further information please contact:

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young people and families



**A FREE  
peer based service  
supporting the  
emotional wellbeing  
of children aged  
7-11 years**

An estimated  
1 in 10 children have  
a diagnosable  
mental health  
condition -that's  
around 3 children in  
every classroom

"My child has gained  
confidence and now knows  
they are not lone or isolated  
with their issues."

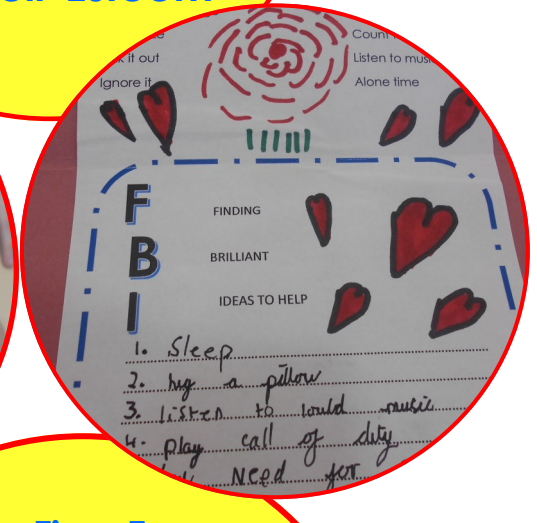
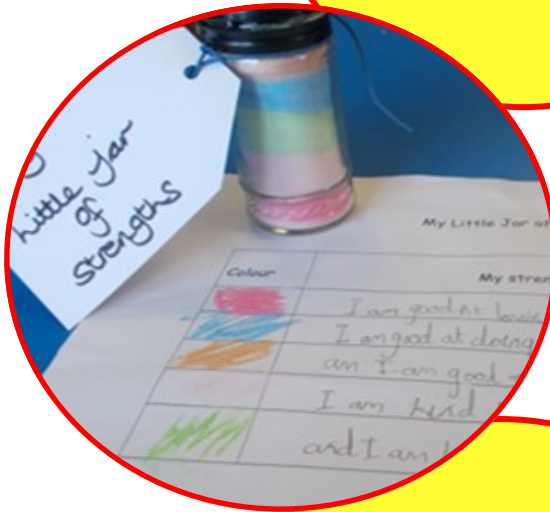
"My daughters self  
esteem has increased learnt  
strategies which she uses."

Low mood

Anxiety

Difficulties  
Managing Emotions

Low Self-Esteem



Transitions

Family Changes

Friendship Problems

Social Isolation

Referrals

can be made by  
telephone, email or  
letter, either directly to us,  
through the schools,  
or via GP/CAMHS

My Time Too  
Peer Support Groups

Groups with 6-8 children run  
every term, after school and at  
local community venues.  
Peer support groups encourage  
children to share experiences  
with others their own age, and  
learn new coping skills.