



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



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## For further information please contact:

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Reg. Charity No. 208446



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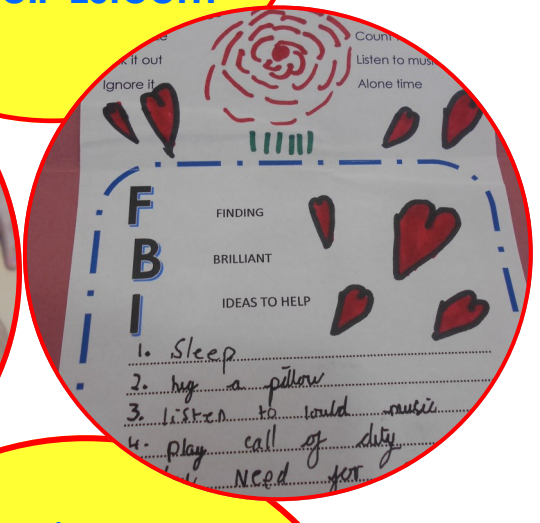
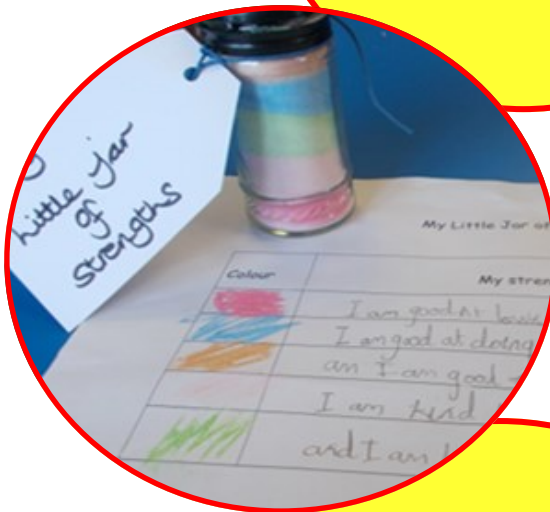
**A FREE  
peer based service  
supporting the  
emotional wellbeing  
of children aged  
7-11 years**

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.