



EMPOWERING YOUNG PEOPLE

Supporting children, young people and their families across Cheshire East with their mental health and emotional wellbeing.

Whether you're a parent or a young person, you can call us on **01260 290000** for more information or to make a referral.



ONE TO ONE COUNSELLING

(11 - 18)

Speak with one of our fully qualified counsellors for an hour each week.



FAMILY SUPPORT

(Parents of children 8+)

Information and advice to help you support your child's wellbeing.



MENTORING

(11 - 18)

See a mentor, in or out of school, to set and achieve your own goals.



PARENT WORKSHOPS

(Parents)

Face to face workshops on topics like anxiety, sleep and relationships.



CREATIVE & THERAPEUTIC GROUPS

(11 - 18)

Meet like-minded young people to talk or be creative, face to face or over Zoom.



MENTAL HEALTH WEBINARS

(Parents & young people)

Live webinars from mental health professionals on a wide array of topics.



   @visyonltd

Scan the QR for the website
or visit www.visyon.org.uk

Charity Number: 1107951