



# **Changing Futures**

## mental health support for secondary schools

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The 'Changing Futures' project enables YMCA Norfolk to offer part-funded mental health delivery for your secondary school, including:

- Mental health assemblies
- Mental health workshops for young people
- Peer mentoring training for young people
- Mental health training for staff
- 2 x free places on the Youth Mental Health First Aid course

For more information contact  
[mindmatters@ymcanorfolk.org](mailto:mindmatters@ymcanorfolk.org) or 07527 937151



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.