



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

Bounce Back is our new service for young people in North and West Norfolk. With COVID 19 causing widespread concern for the future this has inevitably led to worsening mental health among young people.

The Matthew Project is here to help.

We are offering;

- **One-to-one support:** to improve the wellbeing of young people aged 13-19.
- **Mindfulness groups:** weekly groups delivered by a qualified mindfulness practitioner.
- **Mental health peer support workshops** for young people.
- **Resilience skills training:** focused on building future resilience for both young people and their parents.



For more information please contact our Early Intervention team on 07765232028 or email earlyintervention@matthewproject.org

