

Headlight Peer Support:




Peer support group sessions and the 1-2-1 support that goes alongside.

Headlight's peer-support model enables young people to meet others experiencing similar issues in a welcoming, non-judgemental space and enables them to build healthy relationships with peers, support network, family and community.

Young people have the opportunity to speak up, share, give and receive support >

Headlight provides a friendly, non-clinical space for young people who are experiencing emotional and mental health issues

At Action East Devon we are passionate about raising awareness of the issues facing those with mental health difficulties but also sharing ways to wellbeing that we can all do to stay healthy.

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We also offer young people 1-2-1 support with their mental health support worker. Staff use their expertise to undertake comprehensive ongoing assessments of young people to identify activities that best meet individual needs.

Each young person has an individualised action plan with goals around better managing their mental health, developing their skills and confidence and setting targets around education, volunteering and employment. >

“Headlight has helped me to gain confidence in discussing my mental health with others as well as learning to better articulate my emotions in a way that is easier for others to understand”

For information on locations and times please see our website or contact us >



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