



Rekindle
Ail-ddeffro

*Getting
young people talking
about mental health*

*Cael pobl ifanc I siarad
am iechedd meddwl*

Need a boost for your mental health?

If you're aged 16-25, Rekindle has got you covered.

Feeling ...

- Anxious, worried, stressed, sad, depressed, hopeless, lonely, or isolated?

Experiencing ...

- Issues at school, work, or college? Family, friends, or relationship troubles?

Struggling with ...

- Housing, money, or employment?

Wanting to ...

- Build confidence, resilience, improve self-care, or meet new people?

"Without Rekindle, I'd never have got where I am. When I was falling apart, they helped me to piece myself back together."

01686 722222 www.rekindle.org.uk help@rekindle.org.uk
2-3 Ladywell Centre, Newtown, Powys, SY16 1AF

What we do

We're all about creating a safe, confidential, and totally non-judgmental space just for you. Meet up with our crew of support workers and counsellors one-to-one or join in on the fun with workshops, group activities, and our chill drop-in service.

Here's what we offer:

One-to-one Support

Get personalised support to tackle the challenges in your life. We'll work with you, offering advice, guidance, and practical assistance. Our place is a friendly, confidential hub where trust grows, and you can build confidence, learn new skills, and develop coping strategies. It's all about empowering you to make decisions about your future.

We'll help you set personal goals and can collaborate with other organisations for the best care.

Support areas include housing, finances, employment, education, health, self-confidence, friendships, relationships, self-care, life skills, resilience, and more!

Counselling

Explore your thoughts and feelings with our talking therapy. It's a safe space to discuss troubling issues confidentially. We'll help you examine your world, beliefs, and feelings, fostering greater self-awareness and independence. Counselling is person-centred, meaning you lead the sessions, deciding where to focus our attention.



Scan here
to refer



How to get help

Refer yourself on our website or let a friend, family member, or professional do it with your permission. Reach out by visiting us in Newtown, calling 01686 722222, or emailing help@rekindle.org.uk. We offer free specialised support and therapy. In-person appointments are in Newtown, but we've got phone or video call options too.

Check out our website for more info, and don't forget about our groups, drop-ins, and activities.

www.rekindle.org.uk

Registered Charity Number 1067356

