



Emotional Health & Wellbeing

Working together towards positive change



Early Break offers a number of services to support the ‘Emotional Health & Wellbeing’ of children, young people and families

Our practice is rooted in person centred theory reflected in our values and relationships. Since inception, the charity has evolved to offer a wide range of services across the North West. This guide gives a broad outline of our services, however due to the nature of charitable funding and commissioning, the offers may be widened or changed. Visit our website and social media platforms for up to date information. See what we're up to and tell us your views and experiences too!

earlybreak.co.uk



[Early Break UK](https://www.facebook.com/EarlyBreakUK)



[@EarlyBreakUK](https://twitter.com/EarlyBreakUK)



[earlybreakuk](https://www.instagram.com/earlybreakuk)

Early Break's EHWB offers

For more information about each offer, please click on the links at the bottom of each service and you will be redirected to the Early Break website.

0161 723 3880

info@earlybreak.co.uk



Complementary & Integrated therapies

We offer Complementary & Integrated therapies as part of treatment intervention - this includes Aromatherapy, Auricular Acupuncture and Acupressure, Reiki, Indian Head Massage, Body Massage and Reflexology. Benefits include tools to manage stress, social anxiety, improve self esteem, be able to self-regulate emotions, improve sleep and daily routines and to feel happier and more able to cope.

The service can also be purchased privately to aid the wellbeing of adults and young people in various settings such as work, schools or children's homes. Please contact us for more information on how we might be able to help.

For more information click [HERE](#)



Mindfulness

Early Break offers Mindfulness sessions. Mindfulness is the human ability to be fully present, aware of where we are and what we are doing, and not overly reactive or overwhelmed by what is going on around us.

Mindfulness utilises the breath and reflective skills to help children and young people improve their ability to pay attention, to calm down when they are upset and to make better decisions.

For more information click [HERE](#)



Bereavement & Loss Counselling

Young people do not always get a chance to explore their feelings around loss. This can include other recognised forms of loss such as divorce, a parent/carer in prison, hospital or the armed forces, parents with complex mental or physical health, or substance use.

Our specialist counsellors work holistically with young people to improve their long term mental health and wellbeing. The counselling also has a preventative element as they prepare young people to be more resilient moving forward in life, offering coping mechanisms around the loss they have suffered.

For more information click [HERE](#)



Fresh Start - Anti Bullying Project

Early Break runs an anti-bullying project called 'Fresh Start'. The project supports young people in secondary schools displaying bullying behaviours and also supports young people who have experienced bullying. Young people receive one-to-one support from a project worker, based around the young person's individual needs. The project also involves group work based on educating young people around the consequences and outcomes of bullying. The project hopes to minimise bullying behaviours through supporting and helping young people to tackle the areas in their lives in which they need that help and support. Young people are referred to the project via their school.

For more information click [HERE](#)



Closing the Gap - Transitional Work

Closing the Gap is a transitional service for young people. The project aims to provide age appropriate support for 16-25 year olds who commonly do 'fall through the gap'. The project provides holistic support for their emotional health and substance use and provides referrals/signposting for education, employment, housing, relationships, social prescribing, financial, sexual health etc.

For more information click [HERE](#)



Getting Help Line 0161 464 3679

Early Break provides a confidential helpline for all residents in Bury who are experiencing difficulties with their mental wellbeing.

Our experienced call handlers offer support by giving advice, guidance and signposting to appropriate services. We offer non-clinical, non-urgent support for anyone experiencing difficulties with their mental wellbeing. The service is available Monday to Saturday 8am – 8pm.

Calls are charged at standard national rate for landlines and mobile calls vary, dependent on provider. If you would like us to call you, please complete the contact form on our website and one of our call handlers will be in touch as soon as possible.

For more information click [HERE](#)



Like all charities, Early Break relies on the goodwill of volunteers and fundraisers to support them. If you would like to help Early Break at events, pre-event organisation, administration, corporate sponsorship, third party fundraising and much more, please get in touch.

If you would like to make a donation to our charity which would be both welcomed and valued, please click [HERE](#).

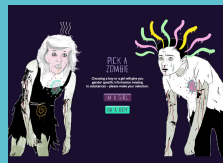
info@earlybreak.co.uk

T: 0161 723 3880

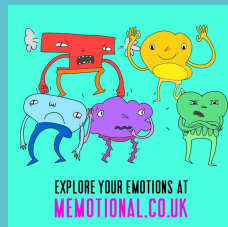
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earlybreak.co.uk



For more information about drugs and alcohol visit our microsite: dontbeazombie.co.uk



For more information about understanding emotions visit our microsite: memotional.co.uk

