

# PHEW

## People's Health & Emotional Wellbeing

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Are you a young adult feeling isolated from your peers?  
Do you have anxiety, lack confidence and self-esteem?  
Do you struggle with mental health?

Would you like to connect with others your age within a friendly and inclusive environment?

If so our **PHEW** group could be for you.

**97%**

of those who accessed the service felt their confidence had increased

**96%**

said they were better able to access additional support services



**Space**

A service that offers 16 to 26 year olds a safe and friendly space to make connections with others and develop a better understanding of mental health and wellbeing.

We know that life post-16 can be extremely challenging. The intricacies of combining work, education, and thinking about what may lie ahead can be tough.

Our group support gives you a chance to connect with people the same age doing the kind of activities you're looking for and enjoy.

We also offer one-to-one support which is guided by you and looks to aid your own autonomy and choice. This is available to all 16 to 26 year-olds.

## **Group Sessions Thursdays 6 - 8pm**

Space @ The Broomhouse Hub  
79-89 Broomhouse Crescent  
EH11 3RH

Please get in touch with Barry  
([barry.craig@spacescol.org](mailto:barry.craig@spacescol.org)) before  
attending your first session  
Group sessions are open only  
to those aged **18 to 26**.

