



The Discovery College wants to offer young people, workshops, courses and activities that are co-designed and co-produced by young people. Access to the college will be free to all 16–25-year-olds living across North Tyneside, by an easy self-referral process.

- There are no criteria for young people to join, they just need to be looking to better their mental health and wellbeing!
- Young people do not have to have a diagnosis to attend.
- Young people must self-refer, and this cannot be done by a professional. However, professionals are welcome to contact Jess or Kirsty with a young person's details and we are happy to contact them to start the process.
- Once a young person has signed up, it is not compulsory that they attend a certain amount of sessions
- Young people can sign up using our quick form: <https://bit.ly/TheDiscoveryCollege>

Discover Me is non-clinical support

- Our aim is to support young people (16-25) in better managing their mental health and well-being. Our intention is to create a safe and vibrant environment for young people to cultivate and grow the skills which will help them better understand themselves and their mental health and wellbeing.
- DiscoverMe will offer young people workshops, courses and activities which are all co-designed and co-produced by young people themselves. This will offer young people the platform to lead their own initiatives and build their confidence along the way!
- DiscoverMe will offer young people the chance to participate in sessions as explorers, but also the opportunity to co-produce sessions alongside staff if they would like to.
- There is no set time limit in place for young people to access the service. They can continue to attend up until the age of 25.
- DiscoverMe not compulsory, young people can go to as little or as many sessions as they like.
- DiscoverMe does not replace any existing Education provision.



Discovery

mental health | wellbeing | young people | activities for young people | college | recovery |
discover me





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