

## Headlight provides:

- Fortnightly facilitated peer support sessions for young people which take place at Pippins in Axminster and at The Station in Ottery St Mary
- Access to one to one support and guidance during sessions
- A monthly support group in Axminster for parents and carers of young people who are affected by mental health issues.



Photo by rawpixel on Unsplash

Headlight is a free service which is available to young people in East Devon aged 13—24 years.

Young people can be referred by anyone who may be supporting them, such as a parent, teacher, counsellor, support worker. A young person can also self refer.



Headlight is a peer support service run by Action East Devon.

Charity Number: 1134611

Action East Devon is the leading local charity working with the people, communities and organisations of East Devon to create the services and support they need to live happier and healthier lives. Headlight is an Action East Devon service.

**For more information, please telephone:**

**Headlight:** 07741 646 426

**Action East Devon office:** 01404 549 045

**Email:** [headlight@actioneastdevon.org.uk](mailto:headlight@actioneastdevon.org.uk)

**Visit:**

<http://www.actioneastdevon.org.uk/about-us/projects-and-services/headlight>

**Find us on Facebook:**  
**@HeadlightEastDevon**

**Follow us on Twitter:**  
**@HeadlightEDevon**



**Are you feeling worried, anxious, depressed or alone?**



Photo by Timothy Choy on Unsplash

**Headlight provides a friendly, non-clinical space for young people in East Devon who are experiencing emotional and mental health issues and their families.**

## What is Headlight?

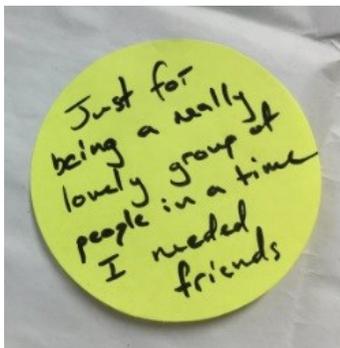
At Headlight we recognise that it isn't always easy to talk about our emotional and mental wellbeing. Fear about what other people might say, or of being laughed at, or not taken seriously can often stop us from taking that step.

**If you are worried about how you've been feeling, you do not have to struggle on alone in silence.**

Our peer support sessions provide an opportunity for young people to explore their concerns in a safe, friendly and non-judgemental environment. Run by a team of staff and volunteers, our sessions provide an opportunity to meet with others who are experiencing similar issues, to talk, share, give and receive support in an informal, non-clinical setting.

Our volunteers and staff range in age and experience, with the majority having either a lived experience of mental health difficulties, or having worked with young people in this field.

**Everyone at Headlight is there because they want to help, and you can always be assured of a warm and friendly welcome.**



## What happens at our support sessions?

Our support sessions are intended to be both supportive and fun.

Our sessions are split into two age groups. Our younger session is for 13—18 year olds and our older sessions is for 18—24 year olds. The sessions are run in Ottery St Mary on Monday evening and in Axminster on a Thursday evening.

At every session, there will be time to chat, share food together, and the opportunity to take part in a range of activities. These are designed to support mental and emotional wellbeing, build confidence, self-esteem, resilience and develop ways of coping when life gets tough.



Activities range from art, craft and music to bush craft, cooking and meditation. We are always open to new ideas for activities, after all, **these sessions are for you**, so volunteers, staff and young people all work together to help shape them.

**It is important to add that during sessions, there will always be someone on hand to offer one-to-one support for those times when you need to talk things through.**



## How is the service funded?

Our service in Ottery St Mary is funded by Ottery Help Scheme and Ottery Hospital League of Friends.

Ottery Help Scheme is a registered charity providing a variety of support services to all those who live in Ottery St Mary and its surrounding areas. Their aim is to unite and mobilise the goodwill of their community, offering support to local residents when and where it is needed most. They work closely with many different organisations within the local area and have over 100 volunteers delivering their services.

In recent years, Ottery Help Scheme and the Ottery St Mary Hospital League of Friends increasingly recognised the need to develop a local youth support project; in 2018 both charities committed to co-funding Headlight@Ottery for a period of three years.

**We are very grateful to have received donations from a range of individuals and organisations across the South West to enable us to run our Axminster service. The service was part funded by Comic Relief 2015—2018.**