



“Aiming to build emotional resilience and provide skills and confidence for children, young people and parents to overcome barriers.”

What and where?

Malachi and Teen Spirit are providing wellbeing support for 5 – 19 year olds across Lichfield and Tamworth.

Malachi will provide support to children between 5 and 12 years old and Teen Spirit will support young people between 13 and 19 years old.

What we do?

- We support parents to help them gain strategies and confidence in supporting their children’s emotional wellbeing
- One to one support
- Coaching for young people- year 9 and above
- Techniques to help alleviate stress, anxiety, confidence and self-esteem concerns
- Provide a range of resources and techniques to help young people understand their thoughts and feelings
- Signpost to other services where appropriate

Who we are?

Malachi has been delivering therapeutic and practical support to children and families for over 25 years.

They always place the child at the centre of their work and use evidence-based practice to achieve strong and sustainable outcomes.

Teen Spirit is a well-established embedded service across Tamworth, Lichfield and East Staffordshire.

They deliver support to parents and young people who have been vulnerable to Child Sexual Exploitation, grooming, teenage pregnancy and those struggling with confidence and self-esteem. They use a positive psychology approach, which is evidence based. Their focus is to empower and support parents and young people to be confident in their own skills and flourish.

How to Refer and contact us?

To make a referral, please contact Malachi or Teen Spirit via email, for our referral and parental consent form.

Referrals for the age group of 5-12 years, please contact **Malachi**:

Staffordshire Referrals Manager

Laura Yates- 07850653812

laura.yates@malachi.org.uk

Referrals for the age group of 13- 19 years, please contact **Teen Spirit**:

Project Co-ordinator

Janey Hodgetts- 07816006202

teenspirit@staffordshire.gov.uk