

## RISE – IThrive for 8-19-year olds

### Emotional Health and Well Being Support *For young people and their parents/carers*

Help is available if a young person is feeling low, anxious, or struggling with their emotions. This can provide the opportunity to talk through what they are experiencing, information on what can help, and bespoke support. Bolton Together has brought together charities to support the young person and the whole family.

At Urban Outreach we are able to offer various packages of support with young people around understanding well-being and strategies to help. There is also provision for parenting support to improve resilience and emotional health and to encourage positive change.

Urban Outreach is a Christian charity providing person-centred support for vulnerable adults and young people in Bolton. Established in 1990 our core aim is to be consistently dependable, creative, challenging and inspirational in the support and care we provide across our town.

**<https://www.urbanoutreach.co.uk>**

Telephone: **01204 385848** option 2

**URBAN  
OUTREACH** (BOLTON)



The Queen's Award  
for Voluntary Service



**Bolton Together**

Bolton Together is a registered charity, a consortium that brings organisations together to support children and families.

**Website: <https://bolton-together.org.uk/> Telephone: 07547409726**