



FUTURE SELPH

Empowering 16–25 year olds through early, low-barrier mental health support.

WHO'S IT FOR?

- Young people aged 16–25
- Self-referral or professional referral
- Especially those falling through CAMHS gaps

WHAT'S IN THE NAME?

Inspired by a circular version of Maslow's Hierarchy:



Security



Love & belonging



Happiness



Esteem



Physiological

WHAT WE OFFER

- 1:1 sessions (in person or online)
- Peer/group activities: budgeting, confidence, life skills
- Anxiety management & relaxation tools
- Links to volunteering & other services

PARTNERS INVOLVED

THE YOUTH ASSOCIATION



AREAS COVERED

IMPACT THIS YEAR

700+ young people supported since 2022

Helping individuals who may not meet thresholds for statutory mental health services like CAMHS.



286 completed our full support programme in 2024/25

These young people engaged with one-to-one support, group sessions, and skill-building workshops.



55 participants moved into full-time employment

With improved confidence and life skills, they were job-ready.



32 young people progressed into full-time education

Many returned to learning after time away due to mental health struggles.



25 saw a positive change in housing

This included moving into more secure, safe or independent living arrangements.



30 began volunteering

Helping others, building routine, and gaining valuable experience while waiting for further services.



+6% improvement in wellbeing

Measured using the Warwick-Edinburgh Mental Wellbeing Scale, showing an uplift in emotional wellbeing.