


Aspire has secured funding to deliver free mental Health Support for 14-25's struggling to cope in life after lockdown. They provide free video therapy sessions to support with loss of routine, increased anxiety or stress at home.

Email: mhteam@lyfeproof.co.uk

Tel: 0121 622 3603 or text 07395 629 297



FREE ONLINE MENTAL HEALTH SUPPORT FOR 14 - 25'S

Connecting young people with creative therapists in life after lockdown.

Get help with...

- Understanding your emotions
- Managing your anxiety
- Dealing with lowmood
- Working through past experiences

Our therapists can help you with...

- Stress at home
- Increase in anxiety
- Building a routine
- Talking things through without judgement

Power in your hands: It's not all about talking...


Choose a therapist you click with. Our therapists come from a diverse range of backgrounds.

Select from a range of therapists including music, dance & drama therapy. The choice is yours!

Online & Out of Hours...

Therapy sessions are delivered over video calls.

Evening sessions are available between 6pm - 12am.



No Tech? No Problem...

We can lend you a handset and headphones ready for video calling!

Sign up by contacting

MH@lyfeproof.co.uk
or DM us on Instagram
[@LyfeproofUK](https://www.instagram.com/LyfeproofUK)