



# Step Forward



Support and activities for young people in the Surrey Downs area aged 17-24 with mental health and emotional wellbeing needs.

Here for young people  
Here for communities  
Here for you

If you're struggling with your mental health or finding it hard to cope, you're not alone. Step Forward offers one-to-one support and social group activities planned around you. This could include anything from sport, fitness, creative projects and emotional wellbeing support and advice.

We aim to reduce stigma around mental health, improve social networks and help young people to feel happier, more confident and resilient.

For more information on how to get involved, please scan the QR code or email

**E** [stepforward@ymcaeast Surrey.org.uk](mailto:stepforward@ymcaeast Surrey.org.uk)

**[www.ymcaeast Surrey.org.uk](http://www.ymcaeast Surrey.org.uk)**

   YMCAEastSurrey



Funded by Surrey Downs Better Care Fund Grant Programme for people who live in/are registered with a GP in Surrey Downs area, specifically: Ashted, Banstead, Cobham, Dorking, Epsom, Esher, Leatherhead, Molesey & Tadworth.

Registered charity no. 1075028