



Engage young people

75% of all adult mental health conditions are first experienced during adolescence.



“I saw one girl who refused to speak and I wouldn’t know what to have done without the cards. It’s a helpful way of engaging with young people who find it difficult to talk about things.”

Social Worker

Engage and empower young people

Reference:
Mental Health Foundation 2017





Engage young people

Next Step helps a young person have that vital first conversation about their mental health and emotional wellbeing. It lays the foundations for an ongoing and positive relationship with a trusted adult.

The kit

- Is easy to use and can reduce anxiety around communication for both adults and young people
- Provides visual prompts to help scaffold a difficult conversation
- Allows discussion to flow without the pressure of eye contact
- Supports conversations in any environment
- Is colourful and vibrant: designed by young people for young people
- Offers young people a choice to be used as cards or the secure online app

Find out more at: www.nextstepcards.co.uk

