



**The kit includes:**

- Next Step Card pack
- Secure online app
- Comprehensive training
- Regular data report



## What is Next Step?

**1 in 10 young people aged 5-16 are experiencing significant mental health difficulties.**

*“Next Step helps to provide a structure and enables me to really focus on the young person in front of me.”*

**Mental Health Therapist**

**Engage and empower young people**



## What is Next Step?

**Next step is designed to support anyone who cares for children and young people. Whether you're a parent, teacher, mental health professional or commissioner of health and social care services, Next Step is a tool that helps young people to communicate on their own terms, in their own environment.**

### **The kit**

- Is a set of 52 unique cards, with each card representing a particular mood, thought, action or goal
- Gives full digital access to the online app, providing choice of method to young people and secure data to users
- Includes comprehensive training support
- Can be used by anyone who cares for children and young people
- Is appropriate for use in all settings, including schools, CAMHS and in the wider community
- Supports solution focused conversations to help young people identify and achieve goals

**Find out more at:** [www.nextstepcards.co.uk](http://www.nextstepcards.co.uk)

