

## How to get in touch

You can email the Life Coaching Team on:  
[Life.Coaching@Leeds.gov.uk](mailto:Life.Coaching@Leeds.gov.uk)

## Useful contacts

- **Childline:** 0800 1111
- **Night owls:** 03002003900
- **Text:** 07984392700
- **Chat online:** [wynightowls.org.uk](http://wynightowls.org.uk)  
8pm - 8am 7 days a week
- **Shout:** 85258\* (Text) 24-hour service
- **Teen Connect:** 0808 8001212  
6pm - 2am for aged 13 to 18yrs
- **Kooth:** [Kooth.com](http://Kooth.com)
- **Mind mate:** [Mindmate.org.uk](http://Mindmate.org.uk)

## Contact details

# Life Coaching Service

## for Young People



## Who we are

The Life Coaching Services are a team of youth workers employed by Leeds City Council to help and support young people aged 13-18 years old.

## Who can we support?

Life Coaching Service works with young people aged 13-18, who are experiencing:

- Poor mental health.
- Having issues at home.
- Not attending school or college.

## What we offer

### One-to-one support:

The life coaches can provide information, advice and support on a range of issues including Mental health, School, Home, Relationships and many more, we will work with and support you for around 6 months as we want to get to know you and to help you to identify any goals you might have or anything else you may need. We then provide practical support and work with you to help you achieve those goals and we'll also help you find fun, positive things to do in your area - things that help you feel good, build confidence and meet new people so you've got options that work for you, now and in the future.

### Drop-ins:

We run drop-ins across the city where you can chat with us, find out more about what we do, refer yourself, or get support straight away. Scan the QR code to see where and when they're happening.



## Group Sessions:

If you're aged 13-18, you can join our themed group sessions. They're a great way to meet people, try something new, and build skills that could help you now and in the future. Want to know more? Scan the QR code.



Use the QR code to find out about our drop-in sessions for young people across Leeds.

'The Life Coaching Service is amazing. I wish all teens in need could have a Life Coach'

'I wish my youth worker came into my life sooner. They have helped me with my confidence and I am now attending college'

'My youth worker sticks to their word and offers support to help me focus on my emotions. This is the only time I've felt someone is trying to help me and I feel comfortable enough to open up'

