

This leaflet describes the support that MYPAS provides for young people in Midlothian.

Art Therapy (ages 12 to 18)

Art therapy can help with building confidence, self-esteem, expressing and managing difficult feelings. You don't have to be good at art to do art therapy.

Drugs & Alcohol Support (ages 12 to 21)

Provides information, advice and/or on-going one to one support and group work sessions about alcohol and drugs.

Counselling (ages 12 to 18)

Counselling can help you freely express your built up feelings and emotions and it can also help you work towards a better understanding of yourself and the world around you.

Family Counselling (ages 12 to 18)

Family counselling provides an opportunity for young people attending school in Midlothian and their families to meet with a counsellor in a confidential setting, to help resolve family issues that may be causing the young person distress or anxiety

Sexual Health Drop-ins (ages 12 to 21)

Provides relationship advice, contraception, emergency contraception, pregnancy testing, Sexually Transmitted Infections (STI) testing and treatment, C card and free condoms. Drop-ins are run in Dalkeith, Penicuik and Bonnyrigg (Bonnyrigg is C card only). Drop-in times and venues can be found on the MYPAS website or contact us for further information.

How to access MYPAS

Young people can access MYPAS either:

- By contacting us themselves **or**,
- Being referred (through a GP, teacher, social worker, parent or other)

The young person must consent to the referral

This can be done in any of the following ways:

1. Contact us by **phone, letter or email**
2. Fill out and send in a **MYPAS referral form**
3. **Visit the sexual health drop-ins** (for young people only) where young people can speak to any member of staff about MYPAS services

What happens when we receive a referral?

- When we receive a referral we will contact the young person directly to arrange an initial meeting.
- MYPAS aims to meet all young people (referred for counselling, art therapy and/or alcohol and drugs support) within two weeks for an initial meeting.

For more information or to request any service please contact us:



Tolbooth Hall, 176 High Street, Dalkeith
Midlothian EH22 1AY
T: 0131 454 0757
E: enquiries@mypas.co.uk
Web: www.mypas.co.uk

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*Promoting the health and well being
of young people in Midlothian*

Midlothian Young People's Advice Service



Referral Form

All MYPAS services are free
and confidential

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To access any MYPAS service, please complete this form.

*Please note that referrals can also be made by phoning, emailing or sending a letter

If you are a young person please fill in boxes 1 to 4. referrers please fill in boxes 1 to 5.

1. Details of Young Person		
Name of young person:	Female: <input type="checkbox"/>	Date of Birth:
	Male: <input type="checkbox"/>	
Address:	How would you like us to contact you?	
	By Letter <input type="checkbox"/>	
Post Code:	By Phone <input type="checkbox"/>	
*Contact Telephone:	By Email <input type="checkbox"/>	
Mobile:	Is it ok to leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>	
Email:	*A contact number is preferred to allow easier access.	

2. Any known medical/Health conditions:
Prescribed medication:

3. If you can, please tell us why you are contacting MYPAS:

4. If you know what service you are interested in, please tick:
Counselling/Art Therapy <input type="checkbox"/> Family Counselling <input type="checkbox"/> Drug/Alcohol service <input type="checkbox"/>
Please note no appointment is necessary to access sexual health services, young people can visit our regular drop-ins

5. Name of referrer:	Name and address of agency (if appropriate)
Contact Tel:	
Mobile:	
Is the young person aware of and consents to this referral? Yes <input type="checkbox"/> No <input type="checkbox"/>	

For internal use only:	
Date referral received.....	Referral received by.....