

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

Drugs & Alcohol Support (ages 12 to 21)

Information, advice, group work sessions and on-going one-to-one support about alcohol and drugs.

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.

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.

LGBTQ (ages 12 to 21)

A weekly group for LGBTQ young people in Midlothian. It's a safe, comfortable and inclusive space to talk about a range of topics and spend time with young people who have similar experiences. If emotional support, or information about LGBTQ issues would be helpful, one-to-one support is also available.

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)

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

The young person must consent to the referral

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 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

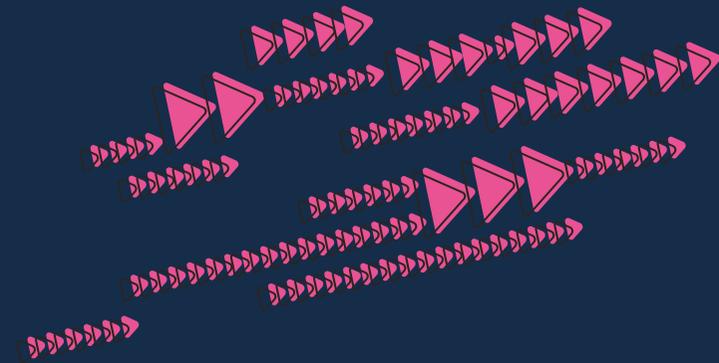
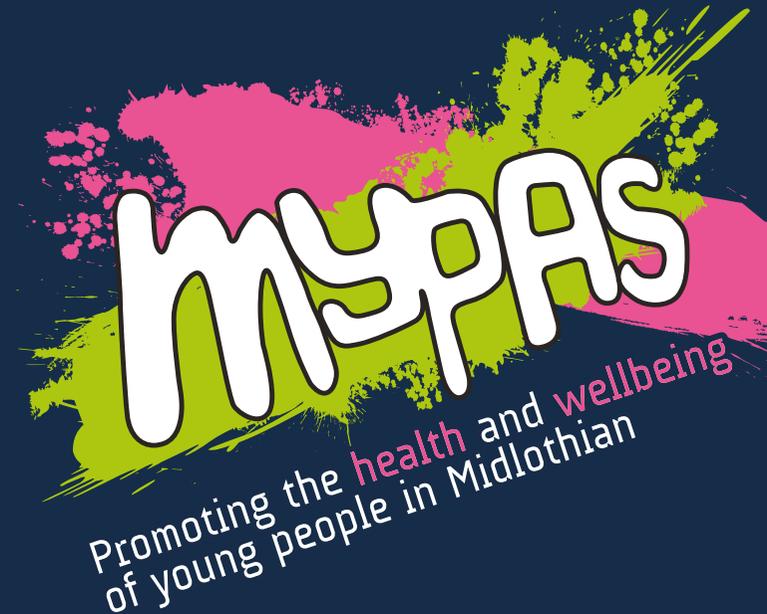
Web: www.mypas.co.uk

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

We are LGBTQ inclusive

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Midlothian Young People's Advice Service



Referral Form

All MYPAS services are free
and confidential

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:	Date of Birth:
Address:	Is it ok to contact you by? Please tick ALL that apply
	By Letter Yes <input type="checkbox"/> No <input type="checkbox"/>
	By Phone Yes <input type="checkbox"/> No <input type="checkbox"/>
*Contact Telephone:	By Email Yes <input type="checkbox"/> No <input type="checkbox"/>
Mobile:	Is it ok to leave a message? Yes <input type="checkbox"/> No <input type="checkbox"/>
Email:	
<i>*if possible, a mobile number is preferred</i>	
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 <input type="checkbox"/>	Drug/Alcohol service <input type="checkbox"/> LGBTQ Support <input type="checkbox"/>
Art Therapy <input type="checkbox"/>	Family Counselling <input type="checkbox"/>
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: _____



Promoting the **health** and **wellbeing**
of young people in Midlothian



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