

InTER ACT



Do you want to learn new ways of managing difficult thoughts and feelings?

Who is it for?

Anyone aged 9-25 years who lives and/or goes to school, college or university, or is registered with a GP in Gloucestershire.

What is InTER-ACT?

It's three, 1-hour online sessions to help you learn new ways of managing difficult thoughts and feelings, so that you can do more of what matters to you.



What happens in the sessions?

Sessions are live on Zoom with videos, slides & anonymous polls, and you can join in or just watch.

Cameras and microphones are turned off so no one will ever see or hear you, if you don't want them to.

Where do sessions take place?

There are three, weekly live online sessions every Tuesday evening. Each session lasts one hour.

Early Bird at 6pm
Night Owl at 7:30pm

How do I book?

You will need an email address to register (it can be a parent/carer's). If you don't have access to an email you can **contact us** for help.

Scan the QR code or go to:
www.letstalkwell.org.uk/interact



LetsTalkWellChat

Need to talk? We're here for you.



A **free, anonymous and confidential 1-2-1 support service** for children and young people aged **9-25** in Gloucestershire.

How can LetsTalkWellChat help?

Need to talk?

Every call and chat is important to us. You can reach out and talk to a real person from our friendly, trained team – no appointment needed.

Chat or call us ...

Call 0300 303 8080 or click on the Live message chat link at the top of our webpage and follow the onscreen instructions for a 1-2-1 chat.

Safe & Confidential

You're in control of what you share. We're here to listen, not to judge and we'll never pressure or rush you.

Trained & Trusted

You can be confident in our trained team to offer a range of strategies, support and advice to help young people manage their mental health and emotional wellbeing.

Whatever you're going through, you're not alone - and you will always be taken seriously.



"They listened and didn't judge, I feel like sometimes just listening to someone helps enough."

**Available Sunday -
Thursday, 5pm - 9pm***

*Start your chat or call before 8:30pm



Scan the QR code to find out more or visit **letstalkwell.org.uk/letstalkwellchat**

You can also access LetsTalkWellChat using **Alex, our Infobot** which you can find in the bottom right-hand corner of our website.