

# TRANSITION SUPPORT SERVICE



For Young  
People  
Aged 16-25

Low Level Intensity Person Centred Counselling

1-2-1 Therapeutically Informed Support

Activities & Workshops

Social Prescribing & Active Signposting

Welfare Check-ins



**WRAP-AROUND MENTAL HEALTH & WELLBEING  
SUPPORT FOR YOUNG PEOPLE**

## HOW CAN I GET SUPPORT?



Access support and find out more at  
[www.invictuswellbeing.com](http://www.invictuswellbeing.com)



Have a look at  
TSS on our  
website



Make an online  
referral



One of our practitioners will  
be in touch to schedule your  
first support session.



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