Mental health concerns among young people are on the rise in the recent years. These issues can cause a huge impact on a youth's development and quality of life. Advocating Every Youth a Success Story, Project ANCHOR is Trybe's counselling service for youths struggling with mental health issues. A key aspect of this service is to strengthen the youth's connection with self and others, and setting realistic goals in his/her life. This support is also available to their parents or caregivers, who are important pillars of support in their journey.

Know of someone who would benefit from this service?

REFER THEM TO PROJECT ANCHOR
PROJECT ANCHOR

ABOUT THE PROGRAMME

Project ANCHOR is a programme that provides mental and emotional support to youths and/or their caregivers for up to 9 months.

This counselling service uses Choice Theory Reality Therapy (CTRT) to anchor on what is realistic and workable, potentially reducing the impact of mental health struggles and maximize their level of satisfaction/happiness with their choices.

OUR METHOD

Project ANCHOR uses Choice Theory Reality Therapy as an approach. This involves the following:

**Intake Assessment**

During this session, clients will share about the mental health issues and the quality of relationship between youth and their parents and/or caregiver. The mental health symptoms will be assessed using the following assessments:

1. Personal Health Questionnaire Depression Scale (PHQ-8)
2. Quality of life survey (EQ-5D)

**Counselling Formats**

Regular counselling session ranges from fortnightly to monthly, up to 9 months.

**Counselling Intervention**

It involves developing clarity and awareness on how thoughts and choices are contributing to mental and emotional problems. During the sessions, we will explore and collaborate with the youth to develop a sustainable and realistic plan for positive change.

OUR CLIENTS

- Youths aged 12 - 21 years old who are experiencing mental health symptoms and are willing to seek help; or
- Parents or caregivers of youth aged 12 - 21 years old who are experiencing mental health symptoms and are willing to seek help

OUR GOALS

To strengthen youths' connection with self, others and setting realistic goals in their life. In doing so, we hope to improve their mental and/or emotional well-being.

Project ANCHOR is brought to you by Trybe Limited and is supported by BlueStar† Grant. Sessions are conducted by our Senior Social Worker and is free for all participants.

For more information about Project ANCHOR, you may email services@trybe.org