

A journey with RISE

is as unique as the person seeking support

Here is an example of one young person's journey.



I noticed that I was starting to struggle. I felt sick with worry all the time.



I spoke to someone I trust for me this is my mum.



To help us understand what was going on for me, we answered questions on the Dimensions Tool. We also found some useful videos and links at cwRise.com.



Mum went to a Rise info session about Emotional Wellbeing that was taking place locally.



The Rise worker talked about the options available and felt that attending a group would help me to understand my feelings and give me ideas to make things better.



Before the assessment the Rise Navigation team spoke to my mum and me to understand my difficulties and feelings.



Mum wanted more advice so booked into a local Rise Consultation. They looked at my Dimensions report together. This gave my mum some more ideas and advice on how to support me. Together, they felt I might benefit from some additional help. I agreed, so the person from Rise referred me for an assessment.



Going to a group was scary at first but soon I felt better knowing that it's not just me who feels like this.



Listening to others' experiences and the advice from the Rise team really helped.



I know I can always use the things I learnt if ever start to feel like that again. I still sometimes visit cwRise.com and use the Dimensions Tool, as I find them helpful. The most important thing is I know don't have to figure things out on my own.

