

Young People's Support should be **HOLISTIC**



Centre 33 believes:

Young people should be supported as a whole, rather than through single issues. Support which addresses the 'whole person' is evidenced to be most effective and brings forward young people dealing with multiple challenges who may otherwise be left without support.

Evidence shows that:

- Most young people come to our services across multiple areas of focus and on average at least 6 needs.
- Young people experiencing practical needs such as homelessness or socioeconomic challenges are much more likely to have higher rates of mental health difficulties. (Centrepoint, 2021)
- Not addressing housing, money, and food/fuel needs may affect a young person's ability to stabilise and benefit from support. (Youth Access, 2021; Youth Health Data, 2021)
- Re-telling your story and being passed between services is detrimental to young people's experience of help seeking and they are more likely to disengage. (gov.uk, 2025)

This means that Centre 33:

- Starts with the young person's priorities and what matters most to them. We do this by asking young people '**what brings you here today?**'
- Recognises that real-life challenges don't happen in isolation and we take time to explore wider factors.
- Takes a "one-stop shop" approach, with in-house specialists and trusted partners.

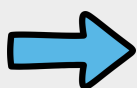
SECTOR RECOMMENDATIONS:

(for commissioners, policy makers, and system leaders)



1. Investment in holistic models

- Fund integrated, multi-need support rather than single-issue services
- Recognise the value of non-medical, community-based approaches.



2. Strengthen systems and partnerships

- Improve joint working across services and sectors.
- Require consistent data collection to understand who is being reached.
- Work with the voluntary sector as key delivery partners.