

# BYHP

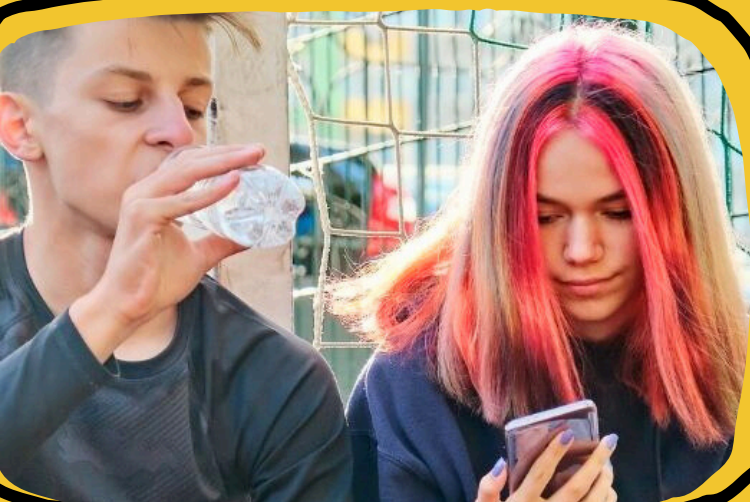


BYHP (formerly known as Banbury Young Homeless Project) received £15,000 to provide tailored one-to-one mental wellbeing sessions to support and empower young people aged 13-25 facing mild to complex challenges in their lives.



The Well Together funding enabled BYHP to run over 350 intensive, early intervention wellbeing sessions for 25 young people. Their work is relationship-based and often long-term. This means they can provide a safe, consistent space for young people to explore their emotions, improve self-awareness, and reframe unhelpful thought patterns. Sessions are tailored to each individual and may draw on a range of therapeutic approaches including Cognitive Behavioural Therapy (CBT), compassion-focused therapy, solution-focused techniques, and psychoeducation. These approaches help young people to build emotional resilience, process difficult experiences, and develop healthy coping strategies.

“The young people we support value the opportunity to be truly listened to without judgement. Many of the have experienced trauma, family breakdown, or social isolation.”



## SUPPORT AND EMPOWERMENT



Alongside therapeutic support, young people are invited to have a deeper impact through opportunities like BYHP's Youth Board, where they can help shape how things are run, advise on new ideas, and ensure that the voices of those with lived experience are central. This empowers them to be active participants.

## TURNING LIVES AROUND

One young person came to BYHP during a period of severe distress following family breakdown and school exclusion. Through BYHP's consistent one-to-one support, using a blend of CBT-informed techniques and compassion-focused therapy, they began to understand their emotional triggers, reframe destructive thought patterns, and develop healthier coping strategies. Over time, their confidence grew - not just in themselves, but in their ability to have a say in their own future.



Through BYHP's support, they made the transition from needing support to actively shaping it - they joined BYHP's Youth Board, where they helped to co-develop feedback tools for new referrals. Their insights directly influenced BYHP's work, making the process more accessible for others.

This shift - from surviving to leading - is a testament to what happens when trauma-informed therapeutic work is combined with genuine opportunities for young people to influence service delivery. Long-term change is possible when young people are not just supported, but seen, heard, and empowered.

**“Before coming to BYHP, I was a recluse who hadn't been employed or in education for over 4 years. I also had major difficulties with social situations and talking, but through consistent long term support, I am now in full-time education, and I want to get a job after college.”**

**“A particular highlight has been witnessing young people move from crisis and self-doubt into a place of greater stability, self-trust, and aspiration.”**

