



Mindset Reset

Free group programme for young people aged 11-25 who've come into contact with the Criminal Justice System.

What will young people gain?

- Increased confidence and self-worth
- Stronger decision-making skills
- Improved emotional wellbeing
- Better understanding of exploitation and risk
- Healthier relationships and positive choices

Safer London is a registered charity in England and Wales No. 1109444; and a company limited by guarantee No. 5190766. www.saferlondon.org.uk

What is Mindset Reset?

Mindset Reset is a free six-session programme delivered by experienced Safer London facilitators.

Young people will participate in small groups of 6 to 10, meeting for 45 to 60 minutes per session in a safe, supportive and non-judgemental environment.

Sessions use creative and interactive activities to explore topics that matter most to the group, helping young people build confidence, develop new skills and make informed choices.

Sessions are delivered directly within the community at venues agreed with Service Leads and Group Facilitators, either within local services or at a venue provided by Safer London.

Topics may include:

- Cycle of hope and harm
- Choices and decision making: risk vs reward
- Exploitation and grooming
- Regulating emotions
- Social media and its influence
- Values and morals
- Substance misuse and harm to self
- Relationships: family, friends, peers and intimate relationships
- Self-development and progression
- Identity and influence

Young people's learning, understanding and outcomes will be reviewed throughout the programme, with feedback informing future delivery.

Interested in making a referral?

To make a referral into Mindset Reset, please request a referral form by emailing referrals@saferlondon.org.uk or johncharles@saferlondon.org.uk.

If you have any questions about the service, eligibility, or the referral process, please contact us via either email address above, call 07494 005702, or 0207 021 0301 and select Option 1.

Once completed, referral forms should be returned to referrals@saferlondon.org.uk.

Before making a referral, please make sure that the young person is aware that you're contacting us and that they're happy with this.



www.saferlondon.org.uk

