



Erin Thomas

Age: 22

Location: Llŷn Peninsula/ Liverpool

Business Name: Hyfforddwraig Iechyd Meddwl Erin
/ Mental Health Coach Erin

✉ mentalhealthcoacherin@gmail.com



Why did you decided to set up a business?

I decided to set up the business because I've always been passionate about wanting to help others and wanting to make a difference. I am a person who gets comfort from helping others so this is the perfect route for me to follow. I have already completed a degree in Psychology and Criminology and am currently studying a masters degree in mental health. My educational experiences have further confirmed to me that this is the path I want to pursue. Another reason for starting the business was because I felt there was a gap within the service. Not many services offer training or mental health therapy in Welsh, so the focus / main objectives of the business is to offer training in Welsh, as well as English. The aim is to help individuals with mental health disorders, by encouraging and helping them to talk to someone about their feelings, through their language of choice. Offering the service through the medium of Welsh is something that is very important to me.

How has Llywyddo'n Lleol/ Amser i Fentro helped you to develop?

The Amser i Fentro scheme has helped me develop and promote my business. The fact that I am still studying my masters means that focusing on the business can be challenging at times, but thanks to the scheme I have been able to invest a certain amount of time each week to focus on my business as well as study. The scheme has also helped me come up with new ideas and develop different elements of the business eg revamping and designing a new logo, promoting it on Radio Wales and in front of groups of young people while also encouraging them to start a business if they they have an idea in mind. I have also had the pleasure of being part of a network of other young people who are in the same position as me. Since the beginning, the group has encouraged and supported each other which has been a great help to me personally.

What are your hopes for the business going forward?

Going forward, I hope to contact the area's schools and colleges to offer mental health training and help pupils in my area. I am aware of the challenges that come with studying for exams. Work pressures in general, let alone preparing and thinking about the future can be stressful for young people, as well as it is fair to say that the pandemic is likely to make the situation more difficult for young people, and possibly prevent them from feeling confident about many elements of their future. So it would be a privilege to be able to work with various schools and colleges in North Wales to offer the service and try to help as many young people as possible through the language of their choice, Welsh or English. In addition to this, I hope to start a YouTube channel or podcast in the future to discuss different topics / themes that surround mental health with other people.

If you had one sentence to tell another young person who's thinking of starting a business, what would that sentence be?

'Follow your dream, if you're passionate about something, go for it!'

@mentalhealthcoacherin

