

Youthful Wellbeing

Are you 18 to 25 years old?

Are you struggling with your mental health?

Could you benefit from wellbeing support?



What we offer:

- One to one personalised support
- Personal health budget opportunities
- Short term and practical support (6-8 weeks)
- Friendly link workers

We can help you by:

- Rediscovering passion and interests
- Increasing self-esteem and confidence
- Managing your emotions
- Linking to local initiatives and opportunities
- Learning skills to overcome personal challenges

Sessions can take place:

- Face to face
- Phone call
- Video call

We work flexibly throughout the week to suit your availability

We cover:

- Thurrock
- Brentwood
- Basildon



Contact us:

- To send or request a referral form please email: epunft.youngadultsSW@nhs.net
- For any other enquiries please call : **01375 531710**

 **Mind**
Thurrock
and Brentwood