### **About Mind?**

We provide advice and support to empower anyone experiencing a mental health problem. Our local Minds across England and Wales offer a range of services including supported housing, crisis helplines, drop-in centres, employment and training schemes, counselling and befriending.

### **Our Values**

Mind's values are at the heart of everything we do.

**Open**: We reach out to anyone who needs us.

**Together**: We're stronger in partnerships.

**Responsive**: We listen, we act. **Independent**: We speak out fearlessly.

**Unstoppable**: We never give up.

### What areas do we support?

- Thurrock
- Brentwood
- Basildon

### Contact us....

To send or request a referral form, please email: <u>epunft.youngadultsSW@nhs.net</u>

For further enquiries Telephone: <u>01375 531710</u>



## **Youthful Wellbeing**

# Service for young adults aged 18-25





### What are we offering?

Thurrock and Brentwood Mind are working in partnership with other local Minds, organisations, and health services to offer well-being support to young adults aged 18-25 who are experiencing mental health problems. Including those in vulnerable groups.

#### Our services include:

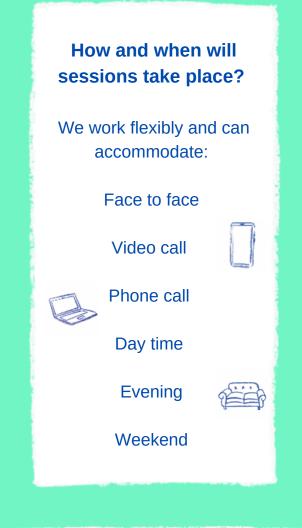
- Personalised wellbeing & support planning.
- Shared decision-making approach where "Your voice matters!".
- One-to-one as well as group support.
- Personal health budget opportunities.
- Brief intervention and practical support.
- Friendly Senior Link workers.





### How can we help?

- We aim to:
  - Increase self-esteem, confidence, and management of emotions.
  - Widen knowledge and understanding to help in decision-making.
  - Link young adults to local initiatives and opportunities.
  - Support young people to re-discover their passions and interests
- Build a wider support network.
- Provide skills and tools for overcoming personal challenges.



### How long can we offer support? 6-8 weeks Don't worry, this can be extended if necessary.