

## About Mind?

South East and Central Essex (SECE) Mind is an independent charity and a 'Local Mind'. Local Minds like us are separate registered charities from National Mind, and while we have similar aims and values, we fulfil different roles. At SECE Mind, we provide: supported housing, counselling for both adults and children, peer support groups, mental health training and free mental health signposting to anyone who needs it.

## 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?

South East and Central Essex including and surrounding: Castle Point, Rochford, Southend-on-Sea, Leigh-on-Sea, Westcliff-on-Sea, Shoeburyness, Canvey Island, Thorpe Bay and Chalkwell.

## Contact us....

To send or request a referral form, please email:  
[epunft.youngadultsSE@nhs.net](mailto:epunft.youngadultsSE@nhs.net)

For further enquiries  
Telephone: [01375 531710](tel:01375531710)



## Youthful Wellbeing

Service for young adults aged 18-25



## What are we offering?

We are working with Thurrock and Brentwood Mind, alongside other local Minds and health services, to offer wellbeing 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 and when will sessions take place?

We work flexibly and can accommodate:

Face to face

Video call



Phone call

Day time

Evening



Weekend

## How long can we offer support?

6-8 weeks

Don't worry, this can be extended if necessary.