

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:
epunft.youngadultsSW@nhs.net

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

Youthful Wellbeing

Service for young adults
aged 18-25



mind
Thurrock
and Brentwood

mind
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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 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.