

We're Mid and North East Essex Mind, the mental health charity. We believe no one should have to face a mental health problem alone. That's why **we are here for you**. Whether you're stressed, depressed or in crisis, we'll listen and give you support.





Our mission is to support and empower people experiencing an emotional or mental health condition by building on their personal hopes and aspirations. This is achieved by identifying and responding to community needs in order to deliver an effective and efficient system of community based services.

If you would like to support our work with a donation please visit [mnessexmind.org/donate](https://mnessexmind.org/donate) or contact the team at [fundraising@mnessexmind.org](mailto:fundraising@mnessexmind.org) or call **01206 764600**.

## Tell us your thoughts

We always need to know what we're doing well and what could be done better.

Write to us at: Service Operations Manager,  
Mid and North East Essex Mind,  
The Constantine Centre, 272a Mersea Road,  
Colchester CO2 8QZ.

-  [mnessexmind.org](https://mnessexmind.org)
-  [@mnessexmind](https://www.facebook.com/mnessexmind)
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# Youthful Wellbeing

For **young adults** aged 18-25



 **Mind**  
Mid and North  
East Essex

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If you need extra copies of this leaflet  
please call Mid and North East Essex Mind  
on 01206 764600 with the leaflet title  
and issue number.  
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## What is the Youthful Wellbeing service?

Working in partnership with local Minds, this service offers support to young adults aged 18-25 who are experiencing mental health problems.

If you would like support to increase your self-esteem, build your confidence and manage your emotions then the Youthful Wellbeing service may be able to help you.

Working with you, we will help you widen your knowledge and understanding so you can make decisions that are best for you. We will also link you to local organisations and opportunities, so you can re-discover your passions and interests.

## What can we help with?

- Personalised wellbeing and 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



 **Mind** Mid and North East Essex

## About the Youthful Wellbeing service

### Where?

This service is available across Mid Essex.

### When?

The service lasts for 6-8 weeks. However, this can be extended if necessary.

### How?

We work flexibly in a way that suits you. So, we can accommodate:

- Face to face
- Video call
- Phone call
- Day time
- Evening
- Weekend

### How to access Youthful Wellbeing

Request a referral form today by calling us on **01375 531 710** or emailing us at **[epunft.youngadultsmid@nhs.net](mailto:epunft.youngadultsmid@nhs.net)**



For more information on any of our services please visit [mnessexmind.org](http://mnessexmind.org)