

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:01375531710)

Youthful Wellbeing

Service for young adults aged 18-25



mind
Thurrock
and Brentwood

mind
Thurrock
and Brentwood

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.