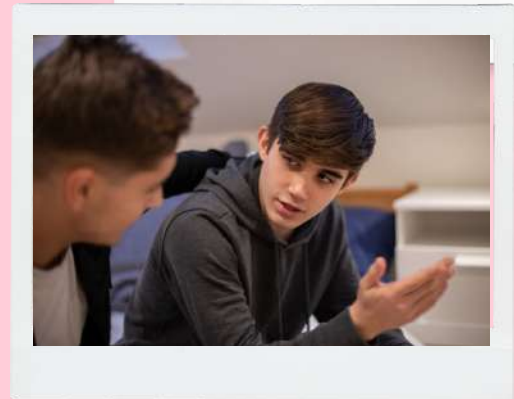
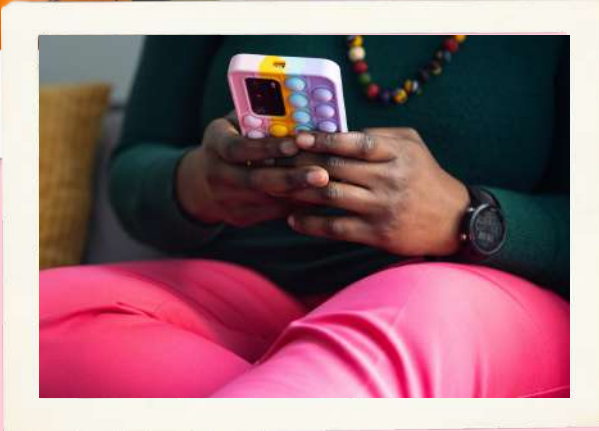
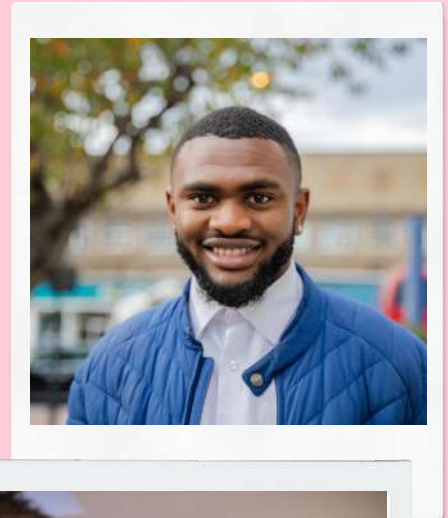




Youthful Wellbeing

18-25'S Wellbeing Support Service

- Person centred
- 1:1 wellbeing support
- 6-8 weeks
- In person, phone or MS teams
- Shared decision making
- Link young adults to local initiatives and opportunities

Get in touch today!

01375 531710

Youthfulwellbeing@tbmind.org.uk



SCAN ME

 mind
Thurrock
and Brentwood