



Young Adult's Service

Mind in Hillingdon is starting a new service for young people aged 16-25 years, living in the borough of Hillingdon who are experiencing mental health issues. The service aims to provide 1-1 and group support to help young people manage their mental, physical and emotional wellbeing and access community services and social activities.

For more information

Email: Mind@hillingdonmind.org.uk
Telephone: 01895 271559

hillingdonmind.org.uk

Registered charity no. 1045701

Support for young people includes:

- 1-1 support and advice to help people work towards personal goals
- Support to navigate community services
- Counselling and Psychotherapy
- Peer Support Group
- Mindfulness and Relaxation Group
- Psychoeducational Workshops

 **mind**
in Hillingdon