

Are you 11-25?

Are you feeling anxious?

Do you feel sad?

Do you overthink?

Do you feel alone?

“I liked the one to one support, I had opportunities to do different things and do wellbeing training”

Young Person aged 19

Our Youth Team provides a safe, supportive, non-judgemental space for young people to talk about, explore and recognise their emotional and mental health.

“It felt like I was being listened to and the advice was good”

Young Person aged 21

“Helped me tackle issues and find ways for me to cope”

Young Person aged 15

We offer 1:1 Support, Peer Support Groups, Supported Self Help with CBT and more...

For more information or to make an appointment, please call Lorna:

 **07947106804**

 **youth@mnpmind.org.uk**

