

# Youthful Wellbeing

**Are you 18 to 25 years old?**

**Are you struggling with your mental health?**

**Could you benefit from wellbeing support?**



## **What we offer:**

- One to one personalised support
- Personal health budget opportunities
- Short term and practical support (6-8 weeks)
- Friendly link workers

## **Sessions can take place:**

- Face to face
- Phone call
- Video call

We work flexibly throughout the week to suit your availability

## **We can help you by:**

- Rediscovering passion and interests
- Increasing self-esteem and confidence
- Managing your emotions
- Linking to local initiatives and opportunities
- Learning skills to overcome personal challenges

## **Contact us:**

- To send or request a referral form please email: [epunft.youngadultsSE@nhs.net](mailto:epunft.youngadultsSE@nhs.net)
- For any other enquiries please call: [01375 531710](tel:01375 531710)

## **We cover:**

South East and Central Essex including and surrounding: Castle Point, Rochford, Southend-on-Sea, Leigh-on-Sea, Westcliff-on-Sea, Shoeburyness, Canvey Island, Thorpe Bay and Chalkwell.

