

Young Person's Wellbeing Navigator Service

16-25yrs



Available in
Central Beds
1-2-1 support

**Advice and guidance for
young adults**



To find out more:

☎ 0300 330 0648

✉ hq@mind-blmk.org.uk

 **Mind BLMK**

www.mind-blmk.org.uk

Charity No. 1068724

Providing support, information and guidance

Our new service offers wellbeing and mental health support to young people aged 16-25 living in Central Bedfordshire.

The service offers up to 8 sessions of 1-2-1 support with a Mind BLMK Young Person's Wellbeing Navigator.

Sessions are tailored to explore barriers or challenges impacting the young person and work proactively with them to address problem areas that are detrimental to their mental wellbeing. Our Young Person's Wellbeing Navigators can provide support, information and guidance alongside community linkage and signposting.

The service promotes independence and resilience and works alongside the young person to enable and equip them with the tools, skills and knowledge needed to navigate challenges and positively manage their own mental wellbeing. Support can be provided across Central Bedfordshire within the community.

How to access support

Referrals can be made by completing the referral form on our website.

For more information, please contact:

e: ypwns@mind-blmk.org.uk
t: 0300 330 0648



Central Bedfordshire Council
Working in partnership

NHS
Bedfordshire, Luton
and Milton Keynes
Integrated Care Board



 **mind BLMK**

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