



# Central Bedfordshire Young Persons Wellbeing Navigator Service

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

The service offers up to 8 sessions of person centred, one -to- one support with a Mind BLMK Young Persons Wellbeing Navigator.

Sessions are tailored to explore and identify any barriers or challenges impacting the young persons wellbeing and to provide information and guidance alongside community linkage and signposting.

The service strives to promote independence and resilience and works alongside the young person to enable and equip them with the tools, skills and knowledge they need to improve their mental health and 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](mailto: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**

[www.mind-blmk.org.uk](http://www.mind-blmk.org.uk)

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