

About Mind?

South East and Central Essex (SECE) Mind is an independent charity and a 'Local Mind'. Local Minds like us are separate registered charities from National Mind, and while we have similar aims and values, we fulfil different roles. At SECE Mind, we provide: supported housing, counselling for both adults and children, peer support groups, mental health training and free mental health signposting to anyone who needs it.

Our Values

Mind's values are at the heart of everything we do.

Open: We reach out to anyone who needs us.

Together: We're stronger in partnerships.

Responsive: We listen, we act.

Independent: We speak out fearlessly.

Unstoppable: We never give up.

What areas do we support?

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.

Contact us....

To send or request a referral form, please email:
epunft.youngadultsSE@nhs.net

For further enquiries
Telephone: [01375 531710](tel:01375531710)



Youthful Wellbeing

Service for young adults aged 18-25



What are we offering?

We are working with Thurrock and Brentwood Mind, alongside other local Minds and health services, to offer wellbeing support to young adults aged 18-25 who are experiencing mental health problems. Including those in vulnerable groups.

Our services include:

- Personalised wellbeing & support planning.
- Shared decision-making approach where “Your voice matters!”.
- One-to-one as well as group support.
- Personal health budget opportunities.
- Brief intervention and practical support.
- Friendly Senior Link workers.



How can we help?

We aim to:

- Increase self-esteem, confidence, and management of emotions.
- Widen knowledge and understanding to help in decision-making.
- Link young adults to local initiatives and opportunities.
- Support young people to re-discover their passions and interests
- Build a wider support network.
- Provide skills and tools for overcoming personal challenges.

How and when will sessions take place?

We work flexibly and can accommodate:

Face to face

Video call



Phone call

Day time

Evening



Weekend

How long can we offer support?

6-8 weeks

Don't worry, this can be extended if necessary.