

# MENTAL HEALTH SUPPORT FOR EDMONTON'S MULTI-ETHNIC COMMUNITY

*Aged 14-25 years*

We build action plans **tailored to individuals** to help manage their mental health, apply coping strategies by way of distraction and signposting, group work and face to face support.



The service is available face to face at our Edmonton office, online, or within the Edmonton community.



This is a community-based partnership delivering solutions, to **aid and promote good mental health** and awareness for young people.



Please note that this is a **free service and is only open to Edmonton residents.**

Please contact us for an appointment, details below.

[yasupport@mindeb.org.uk](mailto:yasupport@mindeb.org.uk) - 07958142920

[www.mindeb.org.uk](http://www.mindeb.org.uk)

275 Fore Street, Edmonton, London, N9 0PD

 **Mind**  
in Enfield  
and Barnet