



## **A mental health space for young people**

Islington Mind offers an open-access space for Islington residents aged 18-35 to meet new people, learn and share skills, and access specialist mental health support.

 **mind**  
Islington

# Mental health support for ages 18-35

We provide our young service users with a safe social space, emotional and practical support, group activities and workshops.

Our group members work together with professionals to share experiences, improve wellbeing, learn new skills and improve employment readiness.

Activities are chosen and co-produced with our group members. Young people can also access Islington Mind's range of other services.

See our programme and self-refer at [islingtonmind.org.uk/youngpeople](http://islingtonmind.org.uk/youngpeople)

We offer:

- Mental health support in group and 1:1 settings
- Workshops and activities such as art, music, filmmaking, mindfulness, boxing, life skills
- Free snacks, drinks and resources such as TV, gaming, music and art rooms and pool

**Mondays**

Evening open space

5:30pm-9:30pm

Peer support group and workshops 6:30pm-8:30pm

**Tuesdays**

Daytime open space

10:30am - 3:30pm

Social group and workshops

1pm-3pm

**Find out more**

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**[islingtonmind.org.uk](http://islingtonmind.org.uk)**

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