



## Islington Mind's Young People's Project

**Our Young People's Project** is a safe space for Islington residents aged 18-25 where they can access practical support, share group activities and join group outings to improve their mental health and wellbeing.

Sessions take place at **Isledon Road Day Centre.**

Contact Rebecca Moon for more information:  
rebecca.moon@islingtonmind.org.uk  
0207 062 9890

**If you feel you need help with your mental health and wellbeing, you can self-refer or ask a professional to refer you. No diagnosis needed.**

We offer:

- Art, music and jewellery making, and other creative activities
- Help to access education, employment, grants and benefits
- Support with mental health and wellbeing

**To refer yourself or someone else to Islington Mind's services, please complete a referral form on our website, or contact our office using the details below.**

**Mental health support for young people**

Islington Mind's **Young People's Project** is a space for Islington residents aged 18-25 to meet new people and develop new skills



**For more information:**

www.islingtonmind.org.uk  
020 3301 9850

