18-30's

Moving forward

Mund Havering
for better mental health
Supporting and Educating the local community
Young Adult Peer Support Programme

Are you or someone you know, living with or at the early stages of developing mental health needs?

If you are between 18-30 and live in Havering then... WE CAN HELP!

Our 18-30's is a scheme to support young adults in their recovery from mental health distress. We help and encourage people to achieve an active and fulfilling life through awareness, prevention and on-going support by peers.

What does our scheme provide?

A 12 week course consisting of:
- Cognitive Behavioural Therapy (CBT) Skills sessions to help tackle problematic areas such as: anxiety, stress, anger, depression, self-esteem, assertiveness and dealing with loss and change.
- Informative and creative workshops aiming to inspire new interests, hobbies and pathways to employment and volunteering

What is Peer Support?

Giving and receiving support by others who share lived experience

P  Positive People are seen as individuals rather than diagnoses, and encouraged to recognise their strength abilities and potential

E  Empathetic Peer Supporters offer genuine understanding based on shared experience of mental health problems and emotional distress

E  Empowering Lived experience is valued and people are enabled to move forward and take control of their own wellbeing

R  Reciprocal Peer Support relationships are equal and mutually helpful responsibility is shared and everyone benefits

For further information please contact Havering Mind on:

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