

Mental Health Hub

West Central London  mind

Summary

The mental health hub is designed to support more children, young people and young adults (11-25 years of age) across Westminster. The service provides a safe and supportive environment where young people can access a range of wellbeing services tailored to meet the diverse needs of children/young people and young adults, ensuring that they have access to timely and effective mental health support. With extended opening hours, in addition to 9:00 a.m. to 5:00 p.m., we aim to improve access by offering evening and weekend mental health education groups.

We address day-to-day mental health issues like worries, exam stress, relationships, anxiety, and low mood and are linking young people and young adults to partner agencies for issues such as employment, sexual health, substance use, financial stress, etc.

Contact us:

To find out more about the Mental Health Hub, email us or visit our website:

 mentalhealthhub@wclmind.org.uk

 www.wclmind.org.uk

Case Study

The name in this case study has been changed to preserve anonymity.

When 18-year-old Emily was referred to our service, she was struggling with low mood and anxiety. She began one-to-one sessions at the Hub, engaging in eight sessions of an evidence-based intervention.

Throughout her time at the Hub, Emily navigated a number of challenges. She was searching for employment while pursuing education and facing ongoing housing instability. Together, we worked to connect Emily with the right support services.

By the end of her time at the Hub, Emily had made significant progress. She secured accommodation through the local council and in line with her passion she began working at an animal rescue shelter. Finally, Emily reported feeling a noticeable improvement in both her anxiety and low mood.

Testimonials

-  I found this helpful to my needs and problems, I've gotten a lot of support and help in dealing with certain issues that have affected me, and I am partially more confident in resolving my problems 
-  The practitioner listened to my worries and gave me some advice on how to deal with them. They were kind, thoughtful and understanding of me 
-  Through the practitioner being so wonderful and caring I was able to take my time and go at my own pace to open up and speak freely about my difficulties. They helped me through some hard times and showed me different ways to cope and that it's okay not to be okay sometimes 

98% of young people
rate the service as
good/excellent

99% of CYP's are
seen in under 28 days
of referral

75%
reliable recovery rate