

THE NEST

'Nurturing Healthy Minds'
Information for professionals



Know a young person aged 13-25 who may need support with their mental health?

The Nest in Southwark provides free mental health and wellbeing support for young people aged 13 – 25.

We offer early intervention and prevention for emotional issues and low-level mental health concerns such as worries, anxieties and stress.

We provide a service for young people at the point of need. Young people can access support from The Nest without having being placed on a waiting list, even if they're awaiting support from other specialist services.

This service was previously referred to as 'Open Access' however children, young people and their families suggested service names and 'The Nest' was voted as the preferred name.

The support we provide

The Nest provides young people and their families with the opportunities, experiences and tools to enable them to develop their emotional and social skills.

Our methodology consists of young person led coaching as well as evidence based therapeutic interventions in both one-to-one and group work settings.

Where The Nest is unable to meet the needs of young people and their families, we have a system in place to signpost or refer to appropriate partner agencies and services.

Support during Covid-19

Due to the COVID-19 lockdown, we will be following government guidelines in order to keep our staff and your families safe. From **4th May 2020** we will be offering remote support and will continue to do so as long as the lockdown is in place. This will include e-resources, an online chat service and one-to-one advice over the phone or video calls.

Our opening hours are Monday - Friday, 1pm - 6pm.

Once lockdown restrictions are lifted we will continue these services alongside face-to-face support from our base in Peckham, Southwark.

Accessing The Nest

Whether you are a teacher, youth worker, GP, probation officer or therapist, anyone can signpost or contact The Nest for a young person who needs support.

If you know a young person that could benefit from this service you can:

- Give their family details about the service
- Give the young person details about the service
- Email thenest@groundwork.org.uk so you can be sent a referral form. Our staff will then be able to make contact with the young person to see how we can help them
- Visit our website thenestsouthwark.org.uk to find out more