

THE NEST

'Nurturing Healthy Minds'

Information for young people

Want to talk to someone about your mental wellbeing without the wait?

The Nest is a dedicated service for anyone aged 13-25, who would like to talk to someone about their mental health and wellbeing.

Designed by young people we are here to provide support if you are feeling worried, stressed, anxious, or just want a chat. No problem is too big or too small.

You can access The Nest as and when you need it, even if you are waiting for support from specialist services.

What support can I get?

The Nest will provide you and your family with the opportunities, experiences and tools for you to develop your emotional and social skills.

We can offer different options of support depending on your need.

Maybe you'd like some one-to-one coaching with one of our Wellbeing Coaches, group activities to meet other young people from Southwark or a chance to talk with our in-house Mental Wellbeing Lead.

Support during Covid-19

Due to the COVID-19 lockdown, we will be following government guidelines in order to keep our staff and you safe.

From **4th May 2020** we are 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. You can find our online resources by visiting our website: thenestsouthwark.org.uk

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.

Contact The Nest

If you think this service could help you, or if you're interested in finding out more, then send us an email at thenest@groundwork.org.uk, we'd love to hear from you.

Our staff will take some basic details from you and contact you within 24 hours to see how we can help you.



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The Nest is a service delivered by Groundwork on behalf of Southwark Council