

# Brent Mental Health Service



Rethink  
Mental  
Illness.

## Young Adults Community Navigation Service

### Mental Health Service for 16-25 year olds

Our Rethink Brent Mental Health Service offers Community navigation service to young adults aged 16-25 years. We provide emotional and practical support to improve your recovery journey.

We can support you with benefits, housing, employment, education and support you to access Brent community Services. We will work with you as an individual & offer a tailored service to meet your needs.

The Rethink service is funded by Central North West London NHS Trust (CNWL) who we work in close partnership with delivering the service.

If you want to access the service, please contact the service and provide us with your details. You can also speak to your CNWL worker or GP to refer you to our services.

The service is delivered in a range of community locations across the Borough of Brent.

## To Access the Service

- Must be 16-25 years old
- Reside in Brent (live, work or be accessing services in Brent)

## Contact Us

If you have any **questions about Rethink Young Adults Community Navigation service**, or would like to find out more about our services, please get in touch with questions or if you would like this leaflet in a **different language**. we'd be delighted to hear from you!

 0777 569 7854

 [Brentyoungadults@rethink.org](mailto:Brentyoungadults@rethink.org)

 [www.rethink.org/brentmentalhealth](http://www.rethink.org/brentmentalhealth)

For Further information on Rethink Mental Illness  
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