

# 16 – 25 Mental Health Collective!

Providing emotional wellbeing and mental health support for young people aged 16–25, as well as their parents, carers, and families, in Southampton.



**Are you aged 16–25, living in Southampton, or registered with a Southampton GP? Would you like support in accessing services to improve your emotional wellbeing and mental health?**

**Are you a parent or family member of a young person aged 16–25 who lives in Southampton or is registered with a Southampton GP? Would you like to connect and learn more about supporting their emotional wellbeing and mental health?**

If you are a young person, parent, carer or family member contact us directly by completing a web form at: [nolimitshelp.org.uk/get-support/](https://nolimitshelp.org.uk/get-support/)  
Or use the QR code on the right.



Parents/carers and family members of a young person can also contact Re:minds by email: [kerstin@reminds.org.uk](mailto:kerstin@reminds.org.uk)

Further information can also be found on the Re:minds website: [reminds.org.uk/16-25](https://reminds.org.uk/16-25)



**Hampshire and  
Isle of Wight Healthcare**  
NHS Foundation Trust

# How can we support you?

We'll start by understanding what you need to know or working with you to identify the support you might need. We can provide information and connect you with groups and organisations that offer guidance on mental health and emotional wellbeing. Additionally, we can help with broader concerns that may affect you, such as education, housing, and finances.

We can help you access NHS services and other community resources. Additionally, we support you in connecting with other young people to share experiences and build peer support networks.

We aim to support young people and their families in navigating the journey of emotional wellbeing and mental health into adulthood. Our goal is to help you access community services and connect with others facing similar circumstances.

## Want to check out what support is available yourself?

Visit the Southampton Mental Health Network website:  
[smhn.org.uk/find\\_support/young\\_person\\_support/](https://smhn.org.uk/find_support/young_person_support/)

The 16–25 Mental Health Collective is a partnership of local organisations working together to provide an Emotional Wellbeing and Mental Health Access Pathway as one coordinated service for 16–25-year-olds.

