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Mindkit

Organisation details

Description of activity

Mindkit offers free, interactive Wellbeing and Resilience Sessions to groups of young people, aged 14 to 25, in schools, colleges, universities, youth centres and a range of community organisations.

Young people learn about evidenced-based approaches called 'The 5 Ways to Wellbeing' and Mindful Living to look after their mental wellbeing and boost their resilience, which can improve their ability to cope with life's challenges, their self-confidence and performance.

Mindkit sessions are delivered by DBS checked volunteers with lived experience of emotional distress or mental health problems.

We offer and deliver free training for volunteers (we particularly welcome applicants aged 18-30). For more information ask for Abbie Mitchell at RB Mind.

Contact details

Contact name

Abbie Mitchell

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Email address

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Website

<https://www.mindkit.org.uk>

Social media links

X link

https://twitter.com/rb_mind

Facebook link

<https://www.facebook.com/richmondboroughmind?fref=nf>

Address details

Address 1

32 Hampton Road

Address 2

Twickenham

Postcode

TW25QB

Location Map