Support for young people

Organisation details

Description of activity

This is a wellbeing drop-in service for 12 – 25 year olds who want to chat, chill, take part in groups and classes or get 1-to-1 support, information or advice. It is run by Mind Richmond and Kingston branches.

What can I expect?

Youth Zone is run by a team of support workers, there for a chat or to guide you through more complex concerns and put you in touch with specialists who can help with everything from drugs and alcohol, sexual health and money worries.

It's a friendly place to chill out with a board game or take part in one of the classes or workshops like Mindfulness with Clay or Coping with Stress.

You can also hang out to take advantage of the free facilities on site: Wi-Fi, laptop and phone charging, refreshments.

How do I access this service?
It's a drop in, so just turn up!

Youth Zone is open Tuesdays, Wednesdays and Fridays 3pm to 7pm

Just drop in to use the main service. Call or email to book classes.

Contact details

Contact name

Mind in Richmond and Kingston

Telephone

07568 227 688

Email address

youth.service@rbmind.org

Website

https://www.rbmind.org/support-for-young-people/

Address details

Building name

1st Floor

Town

Kingston

Postcode

KT1 1JS

Availability details

Days and times of activity / opening

Tuesday	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.
Wednesday	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.
Friday	from 15:00	to 19:00	just drop in to use the main service. call or email to book classes.

How to access the service/activity

Pre-book |

Does a parent / carer need to stay on premises during activity

No

Is there a cost for this service or activity

No

Age range

Age of users

From **12 years** to **25 years**

Location Map