



# WELLBEING SUPPORT FOR THE YOUNG **LGBTQ+** COMMUNITY IN HOUNSLOW

We know how tough it can be for you, and Covid-19 has made the situation even worse.

**The Wild Mind Project** is offering a safe, confidential space in nature for you to share your feelings with like-minded young people who are struggling just like you. A typical 2-hour session might include a walk in nature, conservation work or gardening, combined with a creative activity and a chat, where you can choose to share your thoughts and experiences.

*"I think this is the best activity programme that could be prescribed to young people with mental health issues and I really feel happy with what's come out of it. I've made a supportive group of friends. I would encourage anyone to do it and if I could I would love to do it every week"*

Programmes run for 4 weeks and are available for young people aged 16-25 who live in Hounslow. The next programme starts on 24th October 2021 at Chiswick House and Gardens.

For full details and booking information visit our website: [www.thewildmindproject.org](http://www.thewildmindproject.org) or phone **07515 355796**

