

the
wild mind
project



WELLBEING SUPPORT FOR THE YOUNG LGBTQ COMMUNITY

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 or 5 weeks and are available in the boroughs of **Hounslow, Richmond and Kingston** for young people aged 16-25. Programmes start from Feb 2021.

For full details and booking information visit our website: www.thewildmindproject.org or phone **020 8977 9989**

**The London
Community
Foundation**

 **inspire**
Hounslow