



## Know Your Mind is Mind in Bradford's children and young people's service, and is part of the Youth in Mind in City partnership

We support children and young people from 8 to 19 (or up to 25 with additional needs) in the Bradford central area who are experiencing challenges around mental health and emotional wellbeing.

The central Bradford area means either living, going to school in, or attending a GP surgery in an area with postcodes starting BD1, BD2, BD3, BD5, BD7, BD8 or BD9.

healthy  
minds

 mind  
for better mental health  
in Bradford

 YOUTH  
IN MIND in city  
Partnership for better mental health

# Support for young people



## Wellbeing group sessions

These run for six weeks; they vary in size, theme and location. Meet other young people experiencing similar things, and understand more about mental health together.

## One-to-one sessions

Explore your goals and discover new ways to look after your mental and emotional health.

## Community Support

We can attend existing groups and work with schools, community groups and youth offending settings. We also offer workforce training.

Our team of Community Wellbeing Workers use a goals-based approach to help you tailor your support to your specific needs and equip you with the tools to maintain your wellbeing.

You can find out more about our service on our website, where you can also complete a referral form. Alternatively get in touch by phone or email.



Call us:  
**01274 730815**

Visit us:  
[mindinbradford.org.uk](http://mindinbradford.org.uk)



Email us:  
[knowyourmind@mindinbradford.org.uk](mailto:knowyourmind@mindinbradford.org.uk)