



Young Adult Mental Health (YAMH)

The YAMH Service provides daytime group programmes for young people (aged 16-25) experiencing mental health issues and emotional distress.

YAMH is delivered within Flourish House which is based in Charing Cross. It is easily accessible via public transport. Flourish House will provide a building based 'hub' for young people referred to YAMH. Young people will have access to two floors of facilities within Flourish House including access to a community kitchen/café, radio room, I.T suite, open plan space, comfort rooms, as well as a private community garden space and allotment .

The activities & programmes within Flourish House will

- Help promote mental wellbeing and positive social connections for young people through a range of workshops and information sharing sessions.
- Encourage young people to participate in a range of creative programmes including involvement; arts, music, journalling, YAMH newsletter and Community Radio.
- Support young people to learn new skills and make positive transitions e.g. information on financial inclusion, employability, shadowing experiences such as involvement in administrative duties, kitchen duties, community garden.
- Enable young people to have a say in decision making, coproduction, consultations, and anti stigma initiatives.

To make a referral use link attached: [YAMH Flourish House Referral Form](#)

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