

# Mental Health Westminster Hub

## Weekly Activities

### Music in Mind

Music production for wellbeing  
Tuesdays 4-6pm at The Avenues  
Wednesdays 4-6pm at St  
Andrew's

### 1:1 Interventions

South: Mondays & Fridays  
Central: Tuesdays & Wednesdays  
North: Thursdays

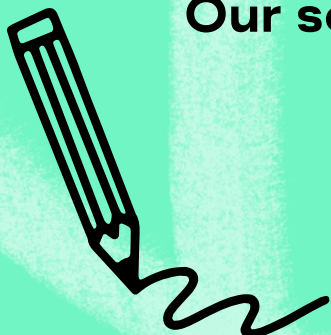
### School Workshops

Psychoeducation on  
mental health topics  
Monday-Friday

### Youth & Community Workshops

Informal psychoeducational  
workshops in community spaces  
Evenings & weekends

**Our services are available to ages 11-25 in Westminster**



To self-refer or refer someone else:  
[mentalhealthhub@wclmind.org.uk](mailto:mentalhealthhub@wclmind.org.uk)

**Contact Us**  
Telephone: 020 7259 8100



## **We are based at addresses:**

- 23 Monck St, London SW1P 2AE
- Great Western Studios, 65 Alfred Rd, London W2 5EU



### **Contact Us**

Tel: 020 7259 8100



### **Email us**

[mentalhealthhub@wclmind.org.uk](mailto:mentalhealthhub@wclmind.org.uk)



### **Visit us**

@wclmind