Well
centre

WHO ARE WE?

It is very common for young people between the ages of 11-20 years old to experience challenges surrounding mental, physical and sexual health. For example:

20% of 8-19 year olds experienced a MH difficulty in 2023

22% of South Londoners aged 16+ experience MH challenges

56% of 11-18 year olds reported suffering from anxiety in 2021

Mental Health

47% of U18s meet the daily advised physical activity guidelines - 60m

Physical Health

46% of young people know where to access local sexual health services

Sexual Health

So knowing where to refer when others do need support is useful.

The Well Centre was founded in 2011 to make health care support for young people more accessible.

We are a health hub that exists so that young people can actually access support when they need it.

Well centre

WHERE ARE WE?

If your GP is within either of these Boroughs

OR

You live within Lambeth or Wandsworth

Our current main Hub

WHO ARE WE?

Overview

The Well Centre is a free and **confidential** health hub for young people aged 11-20 years old in Lambeth & Wandsworth.

We support over 1000 young people a year

Our team consists of

- Doctors & GPs
- Counsellors & Therapists
- Health & Wellbeing Practitioners (HWPs)

We particularly support with

- Mental health
- Physical health
- Sexual health

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WHO ARE WE?

Referrals

Referrals can be made by:

- The young person
- Family
- GP
- School
- CAMHS
- Any other services that work with that young person

What we support with

- Managing stress
- Low confidence/low self-esteem
- Relationship issues (friends, family, bullying, etc.)
- Anxiety
- Low mood/depression
- Self-harm & suicidal thoughts
- Gender identity questioning
- Trauma
- OCD
- Sexual health issues, contraception support and STI checks

Young people can also attend our drop-in, every Monday between 4-6pm at Herne Hill Group Practice

10 minutes bus from Brixton

MENTAL HEALTH STRESSORS

A recent survey of over 2000 13-18 year olds highlighted that UK teens are currently worrying about:

- 56% - Passing exams/getting good grades
- 34% - How much people like me or are interested in me
- 34% - Feeling pressure to look or act a certain way
- 26% - Going to school
- 21% - Peer pressure
- 20% - Living up to parents' expectations
- 17% - Being bullied
- 13% - Having the latest products or brands
- 11% - Keeping up with social media

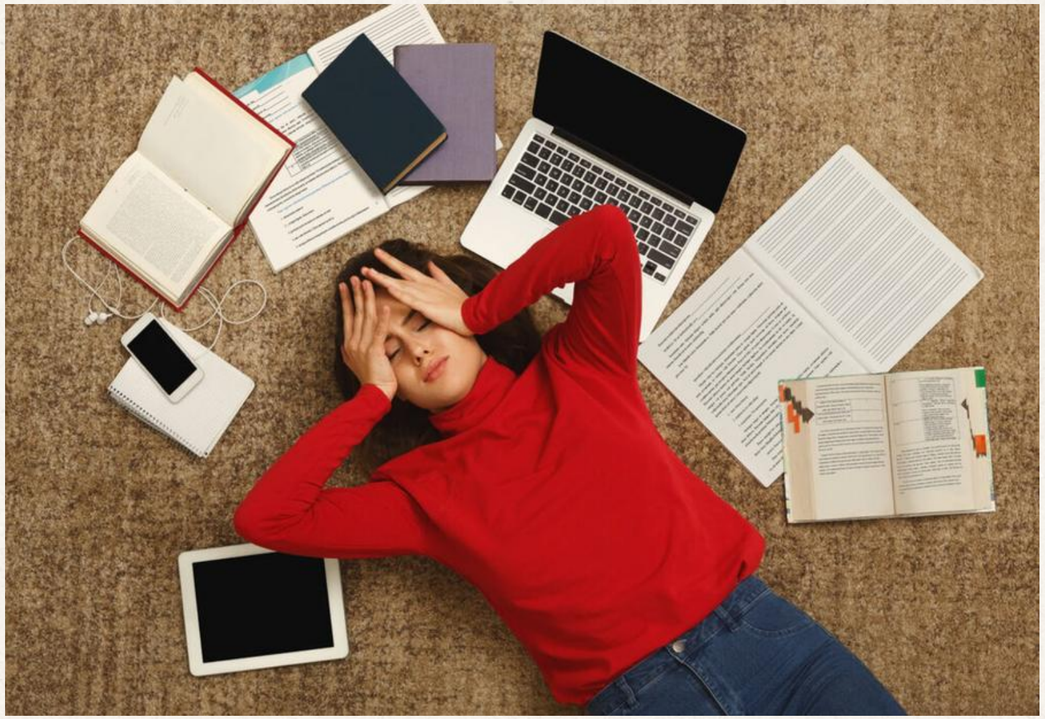
Others reports detail housing, walking alone and living or travelling in an unsafe area as major stressors for young people.

BBC. (2024). What are teenagers worrying about in 2024?. https://www.canva.com/design/DAG1Tgxfr3g/FfseWJsxyhhcd0i_Gr1VkA/edit

MENTAL HEALTH STRESSORS

Stress Data in Young Adults (18-24 Years Olds)

- 49% experienced stress through comparing themselves to others - higher than any other age group
- 32% cited housing worries as a source of stress
- 36% of women reported stress related to their comfort in their appearance, compared to 23% of men
- 60% experienced stress in response to feeling pressure to succeed
- 12% reported feeling high levels of stress in feeling the need to respond to messages instantly



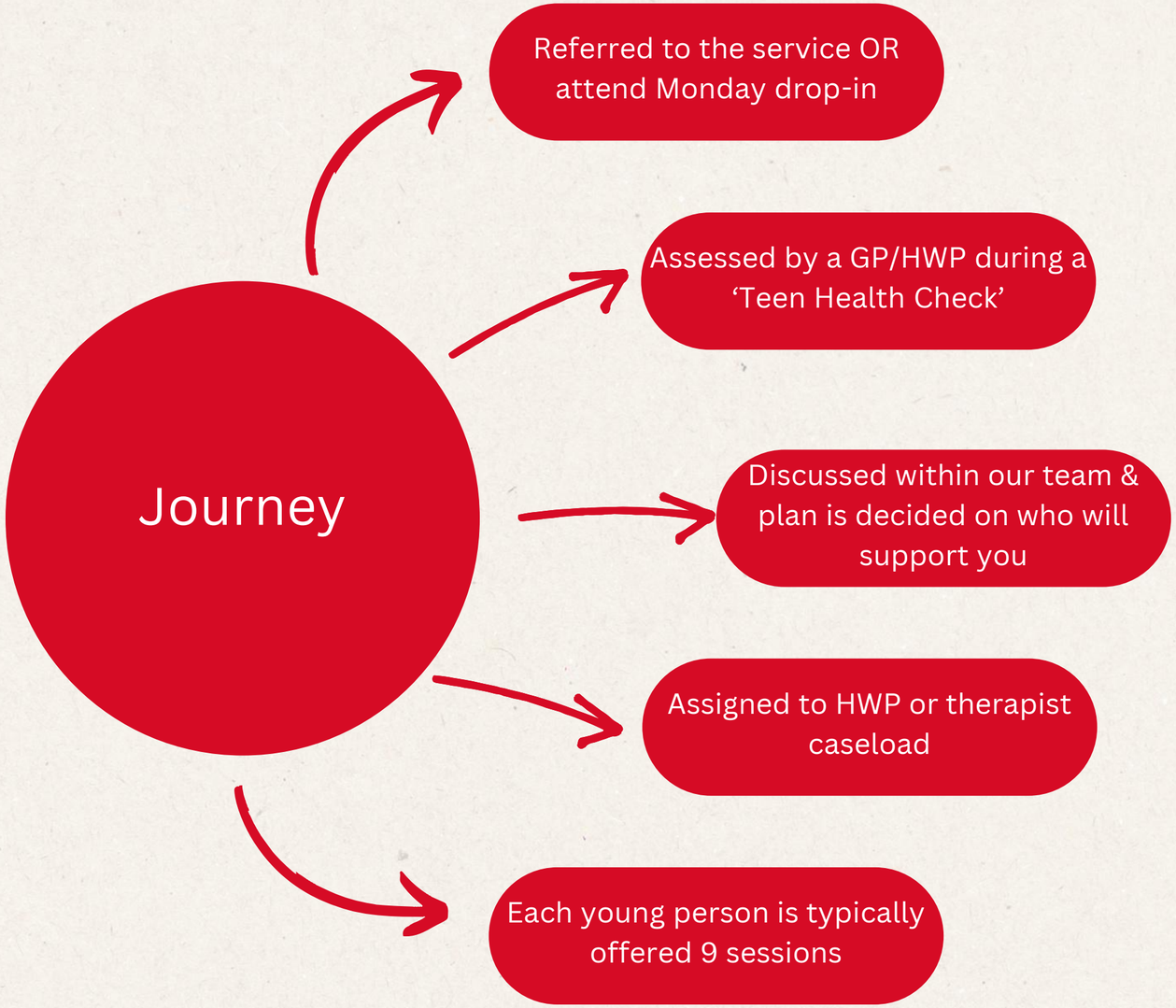
Mental Health Foundation. (2018). Stress: Are We Coping?. https://www.mentalhealth.org.uk/sites/default/files/2022-08/stress-are-we-coping.pdf

WHO ARE WE?

Presenting themes at The Well Centre

- 67% suffer with anxiety
- 43% suffer with depression
- 34% reported suicidal thoughts or ideas
- 28% reported self-harming
- 26% reported behavioural issues
- 21% reported as autistic or suspected autism
- 14% reported anger management challenges
- 14% reported having family problems
- 13% reported being socially isolated
- 12% reported poor school attendance

WHAT TO EXPECT



Sessions typically last for 9 weeks, with sessions being at the same place and time every week

All sessions are 1-2-1 with an allocated HWP or therapist

Sessions are catered around the needs of the young person. **Most of our work is in the form of conversational interventions** and supporting gaining access to other services.

We are a confidential service. This means all details shared within sessions are private and are not shared with parents/school, unless we are concerned about your/someone else's safety or wellbeing

REFERRALS

It is always useful for both clinical and non-clinical staff to be aware of what services exist locally - both professionally and personally.

If you speak to someone who would like support with their mental, physical and/or sexual health, do consider mentioning The Well Centre

This is also a resource you can keep in mind for others, such as for friends and family

Our Website

Our Self-Referral Page

THANK YOU

Any questions or comments, do let me know