

Mental Health Westminster Hub

Weekly Calendar

Tuesday



Music in Mind 4-6pm
@ The Avenues

Wednesday

Drama for Wellbeing
4-5pm & 5-6pm @ The Avenues
Creative Writing 8:30-9:30pm
@ Great Western Studios

Friday

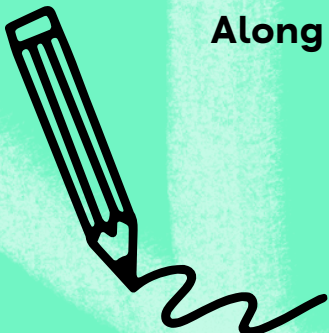
Music in Mind 4-6pm
@ The Avenues



Monthly

Your Voice Matters (online)
Help us design your service!
4-5pm on the first
Wednesday of the month

Our services are available to ages 11-25 in Westminster
Along with the activities above, we also offer one-to-one therapy five
days a week and on evenings and Saturdays!



To self-refer or refer someone else:
mentalhealthhub@bwwmind.org.uk

Contact Us
Mobile: 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

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Email us

mentalhealthhub@bwwmind.org.uk



Visit us

@bwwmind