



Young Persons Wellbeing & Mental Health Support Hub

(a service for ages 11-25)

A safe space and relaxed space in Lowestoft providing free guidance from welcoming mental health youth workers

Delivering a range of 1:1 assistance and group workshops

Support includes

- General mental health advice and guidance
- 1:1 appointments
- Self esteem and body image
- Sexual health
- Healthy relationships
- LGBTQI+ support

Instagram @thejunctionlwt

Call/WhatsApp 07442 338440

Email thejunction@accessct.org

Find us at

119 Bevan Street East, Lowestoft, NR32 2AG



11-25 Years old?

- Safe space
- Dedicated social groups
- Free WiFi & gaming
- Musical instruments
- Sensory corner
- Arts & crafts
- Youth mental health workers



Need A Chat?

Phone & in person support is available
5 days a week from 10am - 5pm
Just call/Whatsapp 07442 338440

Monday	Drop-in 1pm-5pm (Over 18s)
Tuesday	Virtual & In-person 10am-4pm (11-25s)
Wednesday	Drop-in 3pm-8pm (11-17)
Thursday	Social Drop-in 1:30pm-4:30pm (Over 18s)
Friday	Drop-in 2pm-6pm (11-17)

