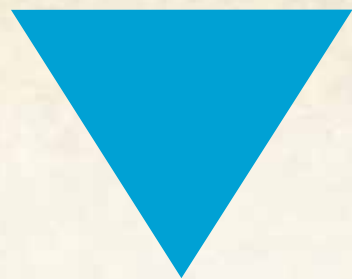


i-Rock – Youth wellbeing service

A new service for 14-25 year olds in Hastings and Rother, offering advice and support for emotional and mental wellbeing, employment, education and housing.

LESS THAN



35%

of people with a diagnosable mental health condition access support

IMPROVED MENTAL
HEALTH HELPS US LIVE
LIFE TO THE FULLEST

Good mental health helps us achieve more at school and work, maintain better physical health and make good life choices

75%

of all mental health problems in adult life **begin** by the age of

18



Young people with mental health problems are at **greater risk**

of physical health problems

Mental health problems that go untreated **not only cause distress**, but can be associated with significant problems in other aspects of life and **affect future life chances**

Nearly half (45%) of young people with mental health problems

leave full-time education by the age of 15



In Hastings and Rother we have launched a **new service**

for young people aged between 14-25



You don't need to be sent by a doctor, all young people are welcome to

pop-in and see us

Lots of different people and organisations work at i-Rock.

We provide support for all aspects of wellbeing, including mental health, wellbeing and resilience, employment, education and housing



Young people will be offered **SUPPORT, information or advice**



All young people who call in to see the team at i-Rock are offered a **free drink** and the chance to talk, in confidence if they want to, about their situation



There are lots of different teams at i-Rock who offer mental health support. Help is available to all young people, no matter how big or small the problem is

i-Rock,
Rock House,
49-51 Cambridge Road,
Hastings, TN34 1DT

Opening hours:
11am - 6pm
Monday to Friday

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From a parent whose child was helped by i-Rock

“...thank you for all the information and your time, [young person] certainly wants to come back and see you ”

Here's what one young person said about the service

“ you have been very helpful ”

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11am - 6pm

Monday to Friday

In partnership with:

