



Mental Health & Wellness Centre

Opening Times

The Wellness Centre provides a walk-in service for people who may be concerned about their mental health and wellbeing.



1st Response

- ✓ Short term support
- ✓ Information
- ✓ Signposting
- ✓ Wellbeing Point

Monday	10:00-12:00	14:00-16:00
Tuesday	10:00-12:00	14:00-16:00
Wednesday	10:00-12:00	17:00-19:00
Thursday	10:00-12:00	14:00-16:00
Friday	10:00-12:00	14:00-16:00
Saturday & Sunday	By appointment	



POWWOWs and Self Management workshops are available evenings and weekends. Please see the latest What's On programme for details.

August 2017

