



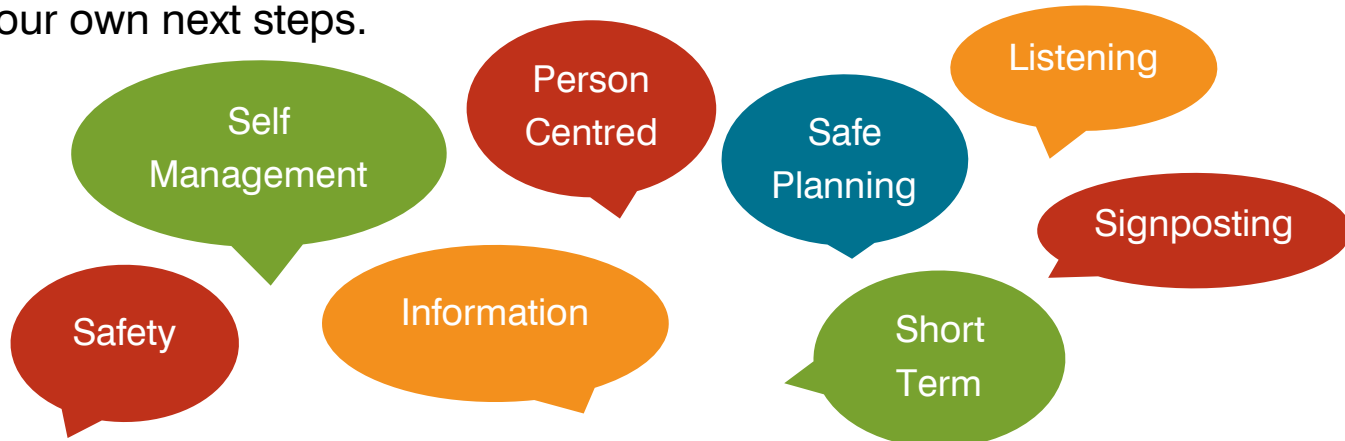
# Mental Health & Wellness Centre

## 1<sup>st</sup> Response



If you are feeling **overwhelmed**, experiencing **emotional distress** or are finding it **hard to cope**, then contact the Mental Health & Wellness Centre.

1<sup>st</sup> Response can provide short term support when you feel you need it. You will receive sensitive and non-judgmental support, information and signposting. Recovery Practitioners will listen to you and work with you to find ways to manage your current situation and plan for your own next steps.



There is no application form and no waiting list. The service is available to anyone living in Moray who is 18 years old or over. You can choose to remain anonymous.



30-32 Batchen Street, Elgin IV30 1BH



0800 234 3490



[moraywellnesscentre@penumbra.org.uk](mailto:moraywellnesscentre@penumbra.org.uk)

M 10:30 – 14:30

T 10:30 – 14:30

W 10:30 – 14:30

T 10:30 – 14:30

F 10:30 – 14:30

S By Appointment

S By Appointment

*January 2019*

