

MIND RESOURCE ROOM



Do you need advice and info about any aspect of your current Circumstances ?

Do you have any questions about your mental health, treatment, diagnosis, etc



Do you want to drop in to a safe, confidential & independent space for a chat and general support?

Do you want access to a computer and the internet?



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OPENING TIMES

Tuesdays 10–12
Wednesdays/Thursdays 2–4 pm

Fortnightly PC Session
Thursday 10–12

Check the noticeboards at the Resource Room for
any changes to this these times

You can make a 1:1 appointment with
Simon Campbell (Resource Room Co-Ordinator) -
please ring 01273 693011 Ext 2453

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