



Wellbeing in Prestwich

Join us in at the Longfield Centre in Prestwich where Rochdale and District Mind are offering wellbeing support for the communities of Bury.

Appointments are available with our Wellbeing Coordinator to have the opportunity to talk about what you are experiencing and ways to help improve and support your mental health and emotional wellbeing. We will also be offering FREE self-help courses.

Tuesday's 10am-4pm

Venue:

Longfield Centre, Prestwich Library
Prestwich
Manchester
M25 1AY

For more information about these sessions please contact Neil Kerr on 07969150018 or email neilkerr@rochdalemind.org.uk

Who are we?

We are Rochdale and District Mind. We're here to fight for mental health in the Rochdale Borough.

We provide advice, information and support to those living within Rochdale, Middleton and Heywood, who feel they need support with their mental health and emotional wellbeing.



What do we offer?

We offer mental health advice, information, and a range of support services.

We also have strong links with various local and national organisations, who are able to help you with a wide range of issues.

Wellbeing 1-2-1's	Support Groups	Wellbeing Activities
Welcome Session	Self-Help Groups	Allotment Project
Drop-In Support	Counselling	Dementia Support

How do you access our services?



Please visit www.rochdalemind.org.uk or scan the QR code to complete our referral form. We will contact you within two weeks to invite you to attend a Welcome Session, or alternatively, you can contact our Infoline on [01706 752338](tel:01706752338) or info@rochdalemind.org.uk who can post a referral form out to you.

The Mind Wellbeing Centre
3-11 Drake Street
Rochdale
OL16 1RE

 **mind**
Rochdale
and District