

IMPORTANT INFO

Our drop-in sessions don't always have to focus on specific mental health conditions. We can discuss anything that may be affecting an individual from **home or work life, worries, stress, emotions, social isolation, supporting someone else through mental illness**, as well as **providing details for other services** that can offer advice and guidance.

If you need **someone to talk to** or **a safe space to go** then come along to any of our **community drop-in sessions**.

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