

Worried about your mental health?



If you are aged 11 or over and are worried about your mental health or that of a family member, you can talk to a Mind Recovery Worker at one of three GP surgeries:

ShIPLEY Medical Centre
The Ridge Medical Practice
Picton Medical Centre

Mind Recovery Workers

1:1 sessions are available on different days between 6.30pm and 9.30pm. To book, call your own GP receptionist and ask to see a Mind Recovery Worker in Extended Access. Call 01274 730815 for more details.