



Leeds and York Partnership
NHS Foundation Trust

Mental Health Drop-in

Are you struggling with your mental wellbeing, feeling isolated and alone? If so, come along to one of the drop-in sessions below:

**Dewsbury Road
Community Hub, Beeston**
First Tuesday of every month
11am-12.30pm
(starting 2 October)

**Reginald Centre
Community Hub,
Chapelton**
Third Tuesday of every
month
1pm-2.30pm
(starting 16 October)

**Armley One Stop
Town Street, Armley**
Second Tuesday of every
month
1pm-2.30pm
(starting 9 October)

**Seacroft Community Hub
Deacon House, Seacroft**
Fourth Tuesday of every
month
11am-12.30pm
(starting 23 October)

We can provide:

- mental health staff to listen and offer advice and signposting
- practical support with forms and phone calls
- support to access other services

We can't support those in crisis or under the influence of drugs or alcohol.

For more details, please contact:

Community Mental Health Team

Aire Court

0113 855 0600

Community Support Team,

Touchstone

0113 2718277

