



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)

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

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

