

What's on

Face-to-face sessions are resuming:

- Monday– Women's group (also on zoom)
- Wednesday– Arts & Crafts (also on zoom)
- Friday– Coffee & Conversation

Zoom sessions are ongoing:

- Monday– Coffee & Conversation
- Wednesday– Relaxation Group
- Friday– Mindfulness

Email or call if you'd like to join in!

Changes here at Mind in Harrogate District:

We are now a Charitable Incorporated Organisation, registered charity no. 1151271.

The centre has also had a bit of a makeover since many of you last saw it...

COVID Safe

You will be required to complete:

- Temperature check
- Health declaration
- Wear a mask
- Maintain social distancing

Has your mental health been impacted by COVID-19?

Our counselling service might help Get in touch: counselling@mindinharrogate.org.uk

Coming Soon....

Walking Group
Anxiety Group
Men's Group
Allotment/Garden Group
Ripon Outreach



Happy Easter!

We hope you all have a happy and safe Easter weekend. Our phone lines are open for calls on Friday & Monday.



Service user reps

As we emerge from COVID 19 and develop our services we are looking to recruit more Service User Representatives to act as a link between the Trustees and management of the charity and the Service Users. This is to ensure our service users have the opportunity to contribute their ideas, provide feedback and have a voice. **Please call 01423 503335 for more information.**

Useful information

If you need support when The Acorn Centre is not open then the following contact details may be helpful.

Samaritans - 01423 525352 or 24 hour free helpline 116123

Citizen's Advice Bureau - 03444 111 444

Mental Health Helpline - 0800 561 0076

Valley Gardens Resource Centre - 01423 852000

Job Centre Plus - 08456043719

Adult Safeguarding Team - 01609 780780

Crisis Team - 0300 0200317

In an emergency call 999

