



Charnwood and Melton Mental Health Wellbeing Service

We provide advice, navigation and community recovery support for adults.

We can help you to maintain and improve your emotional and mental wellbeing.

- Join our twice monthly wellbeing sessions which will provide active signposting and action planning support to enable you to live life to the full.
- Venue:** Pepper's Café, King Street, Melton Mowbray
- When:** The second and fourth Friday of every month
- Time:** 12:30 – 2:30pm
- Self-referrals for our service will be accepted in these sessions without an appointment.



0800 434 6126

Email: Charnwoodandmeltonmh@ncha.org.uk

Referrals: referralsCMMH@ncha.org.uk



www.ncha.org.uk/talk-to-us



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