

**'Providing Peer Support for those experiencing
mental health issues'**



Opening Times:

Strickland House: Monday to Saturday 9am to 5pm

CHEC Centre: Monday (by appointment), Wednesday 9am to 3pm
Friday 9am to 1pm

Contact number at CHEC 07784 368743

Services available:

Monday 10am to 12pm: Anxiety and Depression
Tuesday 10am to 12pm: Families/Carers for people with mental ill health
Wednesday 12:30pm to 2:30pm: Understanding personality disorders
Thursday 10am to 12pm: Stepping Stones (focus group)
Friday 10am to 12pm: Grief and Loss

01952 899205

email: kelly.middleton@tacteam.org.uk

**'Listening and supporting people when they have mental health issues.
Branches will help in a crisis, but will also support recovery by
helping people to develop skills for work and life'.**