

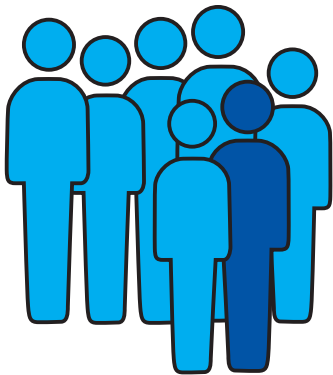
Mental Health

matters to everyone

We provide a network through which we fight stigma about mental health and improve the quality of life for those of us who are finding a route to recovery.

All our services are open to anyone experiencing mental distress. Our Open Mind team will be happy to talk to you about how to access our services.

Find out about what opportunities there are to volunteer or to join in activities, hear about current issues in mental health and campaign to improve services and challenge discrimination.



Getting involved

Registered charity No. 519916
Company Ltd by Guarantee No. 2210699
Affiliated to Mind (National Association for Mental Health)

Providing local mental health services to local people and promoting and campaigning for positive mental health for all.

For more information or to make an appointment to speak to a member of our staff please contact the Open Mind team.

How to contact us:

Local telephone number: 01706 752352

Mental Health Information
Helpline: 0844 894 0180

Email: info@rochdalemind.org.uk

Mobile Text for hearing impaired: 07969 198926

Web: rochdalemind.org.uk

Any of our staff or volunteers will be happy to give you more information about how you can get involved in the Mind network.

Our BME Community Development Workers can also provide information about services available both within Rochdale and District Mind and across the area.

We are always seeking volunteers and new members for our Board of Trustees. If you think you could make a positive contribution please contact us for further information.



For better
mental health

Rochdale and District Mind
(including Bury and N.E. Lancs)

Promoting
Positive
Mental Health

through a network
which focuses on
well-being, recovery
and social inclusion

Rochdale & District Mind
The Mind Wellbeing Centre
3-11 Drake Street
Rochdale
OL16 1RE
Tel (01706) 752352

