



#LetsTalk Event for Suicide Prevention Day

Drop in to our Listening Lounge between
10am – 4pm on Friday 10th September

Morning Session 10am-12pm
delivered in Urdu with
Samosas & Onion Bhajis
with refreshments!

Afternoon Session 12-4pm
delivered in English with Pie
& Peas with refreshments!

- Informal group discussions
- **One to one wellbeing chats**
- Write your messages of hope to attach to a balloon & display at our Wellbeing Centre

FREE ENTRY!

The Mind Wellbeing Centre,
3-11 Drake Street,
Rochdale
OL16 1RE

www.rochdalemind.org.uk



 **Mind**
Rochdale
and District

Find out more: 01706 752 338 or info@rochdalemind.org.uk

 @RochdaleMind

 Rochdale and District Mind

 Rochdale and District Mind

Rochdale & District Mind (including Bury & N.E. Lancs) is a company limited by guarantee. Registered in England 2210699. Charity Number 519916.