

**Rochdale & District Mind will be running limited services during the Christmas period. Our Listening Lounge services will continue to open between Christmas and New Year.**

**Our Listening Lounge service provides a safer, welcoming environment to support individuals who are experiencing emotional distress and are in crisis.**

**You can also contact our Information Line during this period for details of other support that is available in the area and how you can access our services in the New Year.**

Our Listening Lounge is open on the following days:

Wednesday 27th December 2023 from 4:30pm - 7:30pm  
Rochdale Wellbeing Centre, 3-11 Drake Street, Rochdale OL16 1RE

Thursday 28th December 2023 from 4:30pm - 7:30pm  
Middleton Wellbeing Centre & Café, 14a-16 Wood Street, Middleton M24 5TF

Saturday 30th December 2023 from 1:30pm - 4:30pm  
Rochdale Wellbeing Centre, 3-11 Drake Street, Rochdale OL16 1RE

**Our Information Line can be reached on 01706 752 338  
and [info@rochdalemind.org.uk](mailto:info@rochdalemind.org.uk) during the following days:**

**Wednesday 27th December 2023 from 10am - 4pm**

**Thursday 28th December 2023 from 10am - 4pm**

**Friday 29th December 2023 from 10am - 4pm**