

# Wellbeing Support

Our outreach service offers local access to mental health support, information and training opportunities in the more rural areas of Harrogate District.

Individual, confidential appointments are available in the following locations:

Tuesdays:  
Boroughbridge Morrisons  
Pateley Bridge, Nidderdale Plus

Thursdays:  
Masham Community Office


Fridays:  
Ripon Library

**Book your appointment with Kirsty on:**

07305 049296

kirsty@mindinharrogate.org.uk

www.mindinharrogate.org.uk

 **mind**  
in Harrogate  
District

Registered charity no. 1151271