



Mental Health & Wellness Centre

1st Response



If you are feeling **overwhelmed**, experiencing **emotional distress** or are finding it **hard to cope**, then contact the Mental Health & Wellness Centre.

1st Response can provide short term support when you feel you need it. You will receive sensitive and non-judgmental support, information and signposting. Recovery Practitioners will listen to you and work with you to find ways to manage your current situation and plan for your own next steps.



There is no application form and no waiting list. The service is available to anyone living in Moray who is 18 years old or over. You can choose to remain anonymous.



30-32 Batchen Street, Elgin IV30 1BH



0844 6251625

Calls cost 5p per minute, plus your phone company's access charge



moraywellnesscentre@penumbra.org.uk

M	10:00 - 12:00	14:00 - 16:00
T	10:00 - 12:00	14:00 - 16:00
W	10:00 - 12:00	17:00 - 19:00
T	10:00 - 12:00	14:00 - 16:00
F	10:00 - 12:00	14:00 - 16:00
S	By Appointment	
S	By Appointment	

July 2018

