



Devon Mental Health Alliance

Working together for better mental health across Devon



Devon Mental Health and Recovery Drop-Ins Weekdays across Plymouth

In collaboration with



MONDAYS

Four Greens,
Whitleigh, PL5 4DD

1:30pm-4:30pm

TUESDAYS

Central Park Hub,
Mayflower Dr, PL2 3DG

1pm-4pm

WEDNESDAYS

Rees Family &
Wellbeing Hub, PL7 2PS

1pm-4pm

THURSDAYS

Sherwell United Church,
North Hill, PL4 8ER

1pm-4pm

FRIDAYS

Efford Wellbeing Hub,
Torridge Way, PL3 6JQ

1pm-4pm



Scan the QR code for
more information



Devon Mental Health Alliance
Learning Network



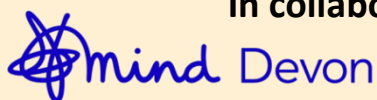
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Our drop-ins are a place for any adult who is impacted by mental health challenges to come and be welcome, meet new people, learn about local support and services, and occasionally learn a new skill.

Whether you're experiencing a difficulty yourself, are the family member or carer of someone struggling, or would simply like a little support and company, come and join us.

Our drop-ins are a non-clinical space, which means you don't need to be referred or have a diagnosis to attend. These spaces are provided free of charge, sometimes in collaboration with community partners, but are shaped by you. Staff are available for a one-to-one chat, and there are a range of activities available.

No booking required – just turn up

If you have any queries about what's happening near you, please contact us via email –

learningnetwork@mentalhealthdevon.co.uk

For further information and details of additional locations and session times please visit our website –

www.mentalhealthdevon.co.uk/learning-network

Scan the QR code for more information



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