



WORRIED...
about your mental
health - talk to us!

For young people
and adults living
in Idle, Thackley,
Eccleshill and
Undercliffe





If you are feeling down, worried about your mental health or struggling with day to day tasks, then we can help you.

Our professional and qualified staff can help you with feelings of isolation, anxiety and depression. We can help you make better lifestyle choices and regain social connection and minimise anxieties you may have about returning to work and community life. We are also experienced at giving advice on benefits, housing, debt and employment.

All our advice is on a confidential one-to-one basis; we meet you digitally (in compliance with Covid 19 restrictions) and is free!

For more information...

If you are a patient at the RockWell & Wrose, Farrow Medical, Ashcroft Surgery or Moorside surgery, speak to your Doctor or social prescriber who will ask a few short questions and arrange for us to contact you at a convenient time to have a chat!

INSPIRED NEIGHBOURHOODS

is a social enterprise that helps the local community with advice and support.

**The Wright Watson
Enterprise Centre,
Thorp Garth, Idle. BD10 9LD
www.incic.co.uk**



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NEIGHBOURHOODS**