

Head Space

**ANNOUNCEMENT 1ST AUGUST 2020
EXTENDED HOURS
6pm - MIDNIGHT**

Peer 2 Peer Mental Health Support

Here for you when times get rough

A safe, calm place where
you can find support

Due to COVID-19, Head Space is
running a telephone service only

**OUR SERVICE WILL NOW RUN
6pm - MIDNIGHT 7 DAYS A WEEK**

Please book an appointment via one of the below:

Call between 6pm-midnight: 07890 257614

Text: 07890 257614

Facebook: [facebook.com/HeadSpacePlymouth](https://www.facebook.com/HeadSpacePlymouth)

Email: headspace@colebrooksw.org

PLEASE BEAR WITH US AS LINES MAY BE BUSY
Thank you

Find us on



#YourHeadSpace



Colebrook
inspiring people, supporting communities