

Are mental health issues affecting your prospects?



If you are struggling to cope with everyday life, we can help you:

- **Manage your circumstances**
- **Regain your independence**
- **Get into work, volunteering or education**

How we can help

If you are not working and feel as though you are living with a mental health condition or if life is getting on top of you, our free Aspirations service can provide support.

We'll help you regain independence and live a life where mental health or negative feelings don't stand in your way.

Aspirations can help you to:

- rediscover your confidence
- find ways to cope with your mental health & wellbeing
- feel less isolated and become more social
- get into work, volunteering or education.

Whatever your circumstances, we won't judge you. What we discuss will remain confidential.

Contact us:

01227 314037

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The Aspirations Service is a Building Better Opportunities (BBO) project. BBO is funded by the Big Lottery Fund and European Social Fund.