

19-25 YRS MENTAL HEALTH & WELLBEING DROP IN



WHERE:

the lowdown - 3 Kingswell
Street, Northampton
NN1 1PP

WHEN:

Every Monday 4pm - 8pm

SUPPORT:

If you need support with your mental health, we are here to listen. It's a confidential, non-judgemental space for you to gain advice, coping strategies and support.

HOW:

Support is offered both face-to-face or you can connect remotely via video call or phone (if you live in Northamptonshire).

Drop in or call 01604 634385 to book an appointment.



WWW.THELOWDOWN.INFO