

CAMHS Drop-in.

Aimed at young people aged 14-18.

Available every Wednesday afternoon from the 3rd August until the 31st of August.

Between 1pm and 5pm.

Victoria Community & Youth Centre.
Charles Street
Whitefield
Manchester
M45 6FG



How can you get involved?



Drop in @ Victoria Youth Club Whitefield, Charles street, M45 6FG to access mental health support and well-being advice.

Why get involved?

Learn about managing emotions and coping with anxiety

Meet new people and have informal chats.

Worried about something?
Do you want to talk to someone?

Questions about mental health?
Want more information?

A confidential space is available.

Access to leaflets, workbooks, helplines and online resources.

