

Are you or a member of your family under 25?  
Are you or someone you know struggling with life?  
Do you or people you know suffer from a mental illness?

# Mental Health Awareness Event

For Young People under the age of 25 & their parents

**Tuesday 17<sup>th</sup> April 7pm-9pm**

Cliff Park Junior School, Orde Avenue, Gorleston, NR31 6SZ

For patients of Central Healthcare Centre &  
Gorleston Medical Centre & Hopton Surgery



**Join us to find out what's available for young people under the age of 25 with mental health issues.**

**Talk to organisations to find out what they offer, how to refer and how they can help.**

**Find out about therapeutic approaches along with traditional counselling.**

Supported by:  
MIND, MAP, Silverwood, Cliff Park Ormiston Academy, Heartfulness, Wellbeing, Pathways, Youth Team, Point One, YMCA & more

Free refreshments

Meditation taster session

Talk to organisations

Organised by : Central Healthcare Centre PPG & Gorleston Medical Centre & Hopton Surgery