

Mental Health Day Opportunities

Supporting Health, Wellbeing and Happiness

Providing support through strengths based working

Mental Health Day Opportunities offer a service to adults who would like to improve their mental wellbeing, increase their independence and connect with their community. We help people to identify their strengths and build on these to improve their lives.

We offer support to people to link into their local community and meet people with similar interests. We also have specialist staff who can offer opportunities to volunteer or get back into work.

We are committed to helping people build their self-confidence, raise their aspirations and celebrate their success.

Community is at the heart of our service. We work to challenge stigma and stereotyping, and to break down the barriers faced by people with mental health issues.



Who can use the service?

The service is available to adults (over 18) in the Leeds City Council area, who are having difficulties with their mental health.

How can I access the service?

Just ask your GP or support worker to refer you. The referral form is available by googling 'Leeds City Council Hub referral form' or on our website.

What is your website address?

www.leeds.gov.uk/mentalhealthhubs

Can I ring you to have a chat?

Yes, please give us a ring on 0113 3782822, we will be very happy to answer your questions.

