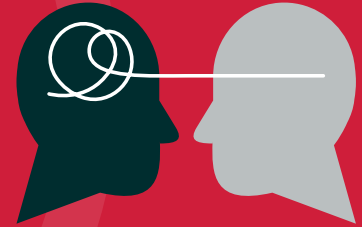


www.offloadcumbria.co.uk

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we're here
to listen

offload
C U M B R I A

WHAT WE DO

Offload is a venture set up to bridge the gap between self and professional help* **for males aged 18 and over** suffering from mental health issues in Cumbria.

We offer peer support sessions where members of the group share their lived experience and coping strategies with each other to help people move forward in their recovery.

OUR MEETING LOCATIONS

Greystone Community Centre
Close St, CA1 2HA.

First and third Monday
of every month, **7pm–8.30pm.**
Walk up - no registration required.

The Lookout Shadygrove Rd,
CA2 7LD (as part of the North Cumbria Recovery College).

Weekly on Tuesdays, 5pm–6.30pm.
Optional registration -
Please our website for details.

CONTACT US

If you'd like to get involved or have any questions please get in touch - offloadcumbria@outlook.com

PLEASE NOTE: We don't currently have a phone number as our volunteers have other full time roles and are unable to facilitate this.

*Offload is not designed to replace professional help services and we are not trained counsellors, therapists or coaches. If we don't feel we can help, we will signpost you to a more suitable organisation.

SCAN FOR DETAILS

