

# Do you have a physical disability or long-term health condition? Do you struggle to cope with stress, anxiety or depression?

**A new project with 3 organisations working together can provide all-round support to help you maintain good mental health**

- 1. Disability Support Calderdale** can support you to find the right help for all your needs
- 2. Noah's Ark Centre** offers a free, confidential **counselling service** as well as **money management & debt advice**
- 3. Healthy Minds** runs **support groups** where you can meet people with similar issues and share experience

**You can choose any or all of the above  
All services are FREE**

**To find out how we could help you, please call Beverley on 0777 306 2261 or email [dsbevm@hotmail.com](mailto:dsbevm@hotmail.com)**



**Disability Support Calderdale**  
01422 353613



**Noah's Ark  
Counselling**  
Safe Haven and Place of Hope  
01422 300457



01422 345154

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**COMMUNITY  
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