

Our Vision:

We want everyone in Calderdale to have better mental health.

Our Mission:



We provide high-quality mental health services to individuals and families in Calderdale.



We promote awareness and reduce stigma by partnering with local organisations, and providing education and resources that empower people to take control of their mental health.



We listen to our community and speak up for positive change.

Our Values:



We are a home-grown **local** organisation, connected across Calderdale and committed to its communities.



We aim to build trust by being **honest**, demonstrating that we are a safe organisation.



We are non-judgemental and **respectful** of people's diverse experiences, and strive to be as inclusive and accessible as possible.



Our process is focussed on **empowering** people to recognise the choices they can make over their own lives.



We have the strength of understanding that comes from being led by **lived experience**, enabling us to listen, relate, and meet people as equals.