



NEW HORIZONS INITIATIVES



Community Mental Health & Well-being Support

Not all scars are visible

Monday to Friday 11 am to 6pm

Upon receipt of your referral we will contact you within 72 hours

For referrals & enquiries:

Self-refer via

**Email- creheartcic@gmail.com
or contact 07561702464**

Address

**Creart Community 3 Castle
Street - DY1 1LA**



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WELCOME TO CREART COMMUNITY

A SAFE SPACE

We provide help and support for people experiencing ;

- Anxiety
- low mood
- stress
- other similar difficulties

If this is affecting your daily living, you are over 16 years of age, and from West Midlands area, then this service could be for you.

This service is not appropriate for people who have severe and enduring mental health problems.

What does the service we offer ?

We believe in a holistic approach towards mental health, that takes into account physical emotional and social well-being of a person as a whole. We recognise that mental health is not just absence of mental illness but also the presence of positive mental health and well-being.

your pathway may include :

- Well-being workshops
- Youth creative intervention including:
 - Music
 - Dance
- Sharing group session & Mental health coaching in different languages, including:
 - Portuguese
 - Creole
 - Spanish
 - Farsi
 - Urdu
 - English



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