

Community Services



Mental Health Matters offers a wide range of Community Services across the UK enabling people to be socially included and have a say in what matters to them.

We provide opportunities to enhance all aspects of an individuals life including healthy living, creativity, education and training.

By becoming part of a community, individuals can live independently and build their confidence.

Our services range from day and drop-in facilities through to advice, information and advocacy. Service users are involved in influencing the development of these services through steering and members groups.

Mental Health Matters provides unique community services which tackle discrimination and social exclusion for people who experience mental ill health. They are particularly successful in supporting individuals to live their lives in their localities in the way they choose by helping them to make informed choices and supporting their voice in line with National Service Framework (NSF) requirements.

Dawn Docherty, Commissioning Disabilities Service Manager, Gateshead Council

“

Susan Davidson



I have been ill for over 20 years but since attending a Mental Health Matters day centre things have just got better.

I have improved my health through exercise and healthy eating groups and the creative writing group has helped me to express my experiences and feelings. My confidence has improved so much that I took on a leading role in a play performed for a large local audience.

Service User, North Tyneside”