

We Offer Free Professional Support

Listening Ear drop-in service

Tuesday, Thursday & Friday
12noon – 4pm

CHIME - 6-week workshops
run on a quarterly basis

1:1 Counselling sessions
(by appointment)

Crisis Café

Tuesday, Wednesday,

Friday & Saturday

7.30pm – 1am

Sunday, 8pm – 1am

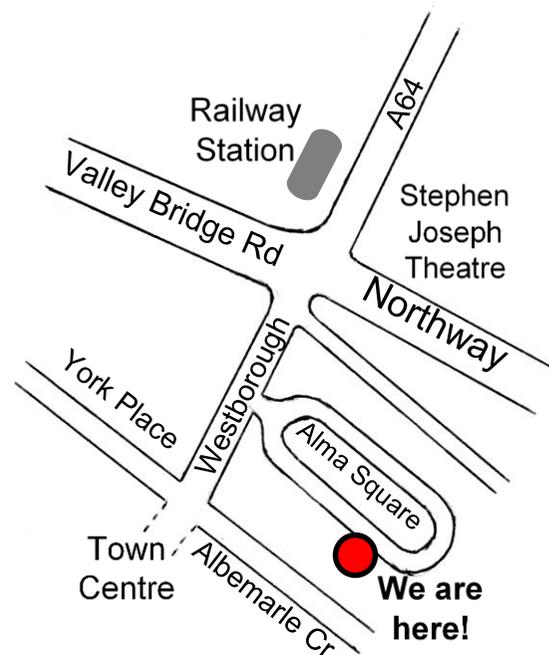
- ☺ Support to those who are suffering from a mental health crisis, are in distress or seeking to prevent the onset of a crisis
- ☺ A safe sanctuary for people in times of crisis/distress in a homely and supportive environment.

Please be aware that the Crisis Cafe is not a drop-in for socialising.

Where to find us

Our Resource Centre is close to Scarborough town centre

**9 Alma Square
Scarborough
YO11 1JR**



survivors.office@btconnect.com
www.scarboroughsurvivors.org.uk

01723 500222

Or find us on Twitter & Facebook



**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups



Scarborough Survivors

Coastal mental health and wellbeing hub supporting the Borough of Scarborough

A self-help charity run by and for people affected by mental health problems - *people who understand from personal experience*

01723 500222

Registered charity no. 1044058



Commissioned and funded by
NYCC Health and Adult Services

About Scarborough Survivors

Scarborough Survivors is a **user-led charity** - the people who access our services have a direct say in how the charity is run. Membership of Scarborough Survivors is free.

The majority of our board of trustees are service users. They are responsible for ensuring that the charity is run safely and in the best interests of all the members.



Our non-judgemental services are open to anyone aged 16 or over to be in a safe place and receive mental health support.



Scarborough Survivors is a **Time to Change Organic Hub** for North Yorkshire – raising awareness and encouraging people to talk about mental health to reduce stigma and

Social Activities at Scarborough Survivors

Members of Scarborough Survivors can join in activities. Our volunteers help to provide the following:



- Art & craft
- Gardening
- Feel good walk
- Music
- Quiz
- Writing

Board games, colouring and karaoke can accessed at any time

Volunteers are always welcome, and training is provided

The main things we ask of volunteers are, be non-judgemental and respectful of our members and our centre rules. If you can give a few hours per week in our Resource Centre, we would be pleased to hear from you.



We are committed to making a difference for disabled people.

Mental Health Resource Centre

You will find us open every day of the week

**Monday – Sunday
11.30am – 4.30pm**



Anyone aged 16 and over is welcome to drop-in

Coffee bar

Free internet

Social activities

Information on mental health and other services

Dedicated youth space

Positive buddy scheme

This leaflet was updated March 2020