

## We Offer Free Professional Support

1:1 support – listening ear, counselling & positive buddy

## Crisis Café

**Monday - Sunday  
7.30pm – 1am**

Support to those who are experiencing a mental health crisis or are in distress or seeking to prevent the onset of a crisis.

A safe sanctuary for times of crisis or distress in a homely supportive environment

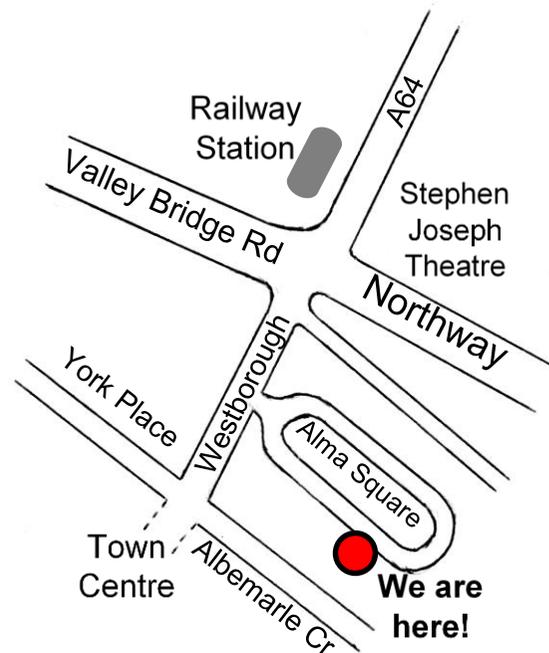
**Please be aware that the Crisis Cafe is not a drop-in for socialising**

**Mental health first aid training  
CHIME workshops**

## Where to find us

Our Resource Centre is close to Scarborough town centre

**9 Alma Square  
Scarborough  
YO11 1JR**



[www.scarboroughsurvivors.org.uk](http://www.scarboroughsurvivors.org.uk)

Reception.survivors@outlook.com

01723 500222/07562 974101

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



Commissioned and funded by  
NYCC Health and Adult Services  
NHS England

## About Scarborough Survivors

Scarborough Survivors is a **user-led charity** - the people who use 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 services are non-judgemental and available to anyone age 16 or over with personal experience of mental illness or as a relative, friend or carer.

## Activities at Scarborough Survivors

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



- Feel Good Walk
- Quiz
- Arts & Crafts
- Movie Day
- 10 Pin Bowling
- Gardening
- Coffee Bar
- Board Games

***Volunteers are always welcome and all training is provided.***

*The main thing we ask of volunteers is to 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.

Registered charity no. 1044058

This leaflet was updated January 2023

## Mental Health Resource Centre

**You will find us open every day of the week**

**Monday – Sunday  
11.30am – 4.30pm**

***A Charity for people with mental health problems***



You do not need to have a diagnosed mental illness to access our services.

You do not need to make an appointment to see us, unless it would help you to do so.