

# How can we help?

Please take a look at the topics and ideas below. Tick anything you think you'd find helpful. Then, come and talk to us at our welcoming community wellbeing space in the centre of Whitehaven.

This isn't everything we offer, if none of these options fit for you we can still help.

## Wellbeing

- Talking
- Creativity
- Carer support
- Wellbeing
- Loneliness
- Worries
- Walking
- Spirituality
- Neurodivergence

## Mental health

- Worried about yourself or others
- Hearing voices
- Memory
- Peer Support



## Housing, money and work

- Employment
- Debt or money
- Benefits



## Physical health

- Physical health check
- Menopause
- Exercise
- Addiction



## Relationships

- Bereavement
- Parenting
- Relationship problems



### Walk in

We are based at 40 King Street, Whitehaven, CA28 7JN  
We are open 9.30am - midnight, Monday to Friday.

 **Call us**  
01946 556 136

 **Visit our website**  
[wcmhp.org.uk/hope-haven](http://wcmhp.org.uk/hope-haven)

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