

Northampton and District Mind Global Objective

*"To promote mental health; prevent ill-health;
help those in distress;
work to empower people in their own lives
and in their participation in the community at large
as valued citizens."*

Service Availability:

Monday	9.30 — 12.30
Tuesday	9.30 — 2.00
Wednesday	9.30 — 3.00
Thursday	9.30 — 2.30
Friday	9.30 — 2.00



 **mind** in Daventry
for better mental health

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Daventry Mind Mental Health Services
and Resource Centre
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Daventry Mind Mental Health Services and Resource Centre

What is Daventry Mind?



Promoting Wellbeing and Recovery

We encourage people to actively get involved in their own mental well-being and recovery by learning new skills, working towards meaningful goals, developing self management strategies, self awareness, and hope and optimism

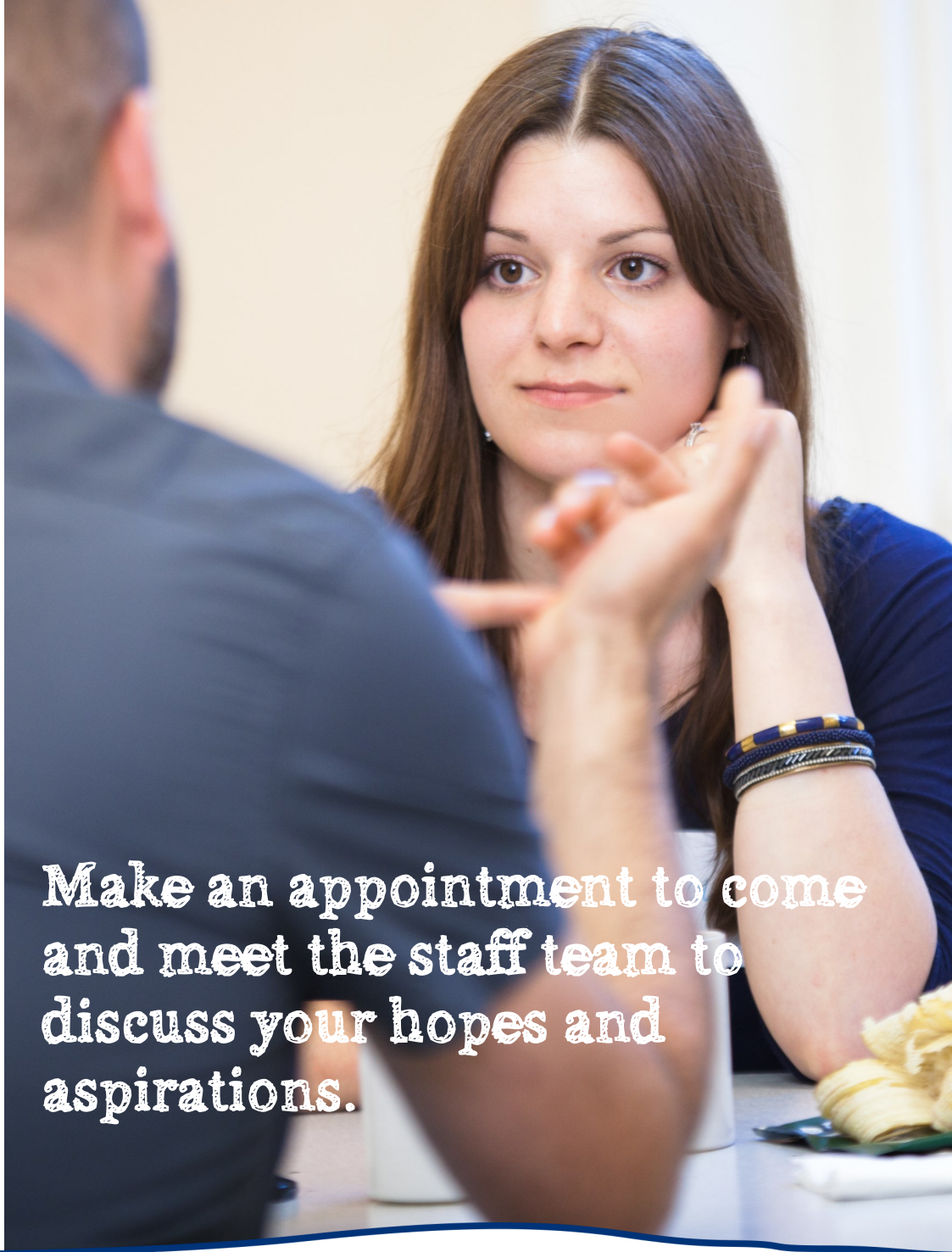
We offer 1-1 support, groups and courses, and a broad range of informal recreational and social activities which help people to interact with others and provides the opportunity to develop different interests and hobbies both within the service and in the local community.

Working in partnership

We acknowledge that all individuals accessing the service are unique and have different hopes, interests, needs and aspirations. We therefore aim to work in partnership with individuals and together identify aims and goals for personal development and recovery.

Based in the town centre; we support people who have had prolonged or distressing mental health experiences, and those affected by more everyday mental distress.

The service works to a semi-structured framework which enables people to gain the skills and knowledge to assist them to take control of their own lives.



Make an appointment to come and meet the staff team to discuss your hopes and aspirations.