

Helping people be the best they can be

Supported by



▶ The Crosby Bridge healthy Living Project has five themes:

Mental Health

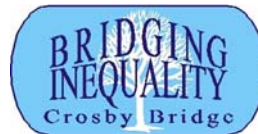
Young People & open Spaces

Food and Health

Community Safety

Pop in and find out more!

We will be happy to help



To make a referral or enquiry, please contact

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Crosby Bridge Healthy Living Project



▶ Positive  
Mental  
Health

Tel: (01724) 846611

# Positive Mental Health

A project aimed at improving the mental well being of the people of Crosby.

To support communities to improve health and social inequalities.

Using holistic approaches and working with community food and the Arts to offer a programme of:

Self Confidence

Self Esteem

Self Determination

## Aims

Break down barriers

Befriending

Personal Development

Volunteering

Stress Management

Build Confidence

Relaxation

Offer Support

Reduce Stigma

## Projects

### Befriending Scheme

Volunteers will work with, and support vulnerable people with mental health issues e.g depression and anxiety.

### Stress Management & Relaxation

Providing a safe environment, increasing confidence and promoting positive well being.

### Positive Mental Health Promotion

Promoting positive mental health for the people of Crosby

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