

Listening Lounge

Are you struggling with your mental health and emotional wellbeing?



Rochdale & District Mind (including Bury & N.E. Lancs) is a company limited by guarantee. Registered in England 2210699. Charity Number 519916. Registered office: 3-11 Drake Street, Rochdale OL16 1RE.

 mind
Rochdale
and District

Listening Lounge

Please don't suffer alone, if you're feeling anxious, low, are struggling with negative thoughts or just need someone to talk to, we are here for you.

Our Listening Lounge provides a safe, comfortable and confidential space that is open out of normal working hours to support anyone over the age of 18 with their mental health and emotional wellbeing.

Opening Times:

Monday & Wednesday:

6:30pm - 9:30pm

Saturday:

1:30pm - 4:30pm

Our Location:

The Mind Wellbeing Centre,

3-11 Drake Street,

Rochdale

OL16 1RE

**Please phone 01706 752 338 or 07392 313 880
for more information.**

This is a free walk in or self-referral service that is run by Wellbeing Workers and volunteers from Rochdale and District Mind, in partnership with local NHS services. Referrals from professionals are welcome with consent from client.



**Heywood, Middleton
and Rochdale**
Clinical Commissioning Group

The Mind logo, featuring a stylized blue circular symbol with a central dot and a vertical line through it, followed by the word 'mind' in a lowercase, blue, sans-serif font.
**Rochdale
and District**