

Taking Control



of your mental health

**Taking Control is a new and exciting, dynamic, peer led organisation dedicated to empowering mental health service users in the Richmond Borough, and assisting them to shape their own recovery.**

**We are holding 4 public meetings to launch our organisation, and the venues will be:**

**1 Linden Hall, Linden Road, Hampton from 4-7pm on Wednesday 14th Sept**

**(it's right next to the level crossing at Hampton railway station)**

**2 The Old Bakery, Lower Richmond Road, Mortlake at 2-5pm on Tues 20th Sept**

**(it's on the corner of Hanson Close)**

**3 United Reform Church Hall, First Cross Road, Twickenham at 2-5pm on Saturday 1st Oct**

**(it faces on to Twickenham Green near the cricket pavilion)**

**4 The Salon, York House, Richmond Road, Twickenham from 2.30 -5 pm on Friday 7th Oct**

**(it's that posh building behind the Civic Centre)**

**(Venues 1-3 are mainly for service users, and venue 4 is designed for professionals, but everybody is welcome to any venue).**

**REFRESHMENTS AND FREE GIFTS WILL BE PROVIDED**

**So come along and Take Control!**

**(For enquiries please ring: 07539 043352)**