

Mental Health & Wellness Centre



If you are concerned about your mental health and wellbeing, come and talk to us about how we can support you in a way that's right for you. We can offer a range of services to support you on your unique recovery journey.

We can provide you with information and help you to discover and connect with resources, amenities and organisations within your local community.

1st Response



0800 234 3490

1st Response If you feel overwhelmed, distressed or find it hard to cope, then 1st Response can offer you short term, non-judgmental support to manage your situation and plan your next steps. There is no application form and no waiting list. You can access 1st Response during the Centre opening times on a helpline, via email or by visiting the Centre.



Self Management Opportunities We offer a programme of educational and motivational Penumbra Workshops on Wellbeing (POWWOWs) which can empower you to manage your own wellbeing. These interactive sessions cover topics such as Self Esteem, Expressing Emotions and Hope for the Future. We also deliver WRAP and facilitate Living Life to the Full.

Keyworking Our Practitioners will help you to identify the areas of wellbeing which are most important to you, and help you to set your own goals. We will support you to break these goals into achievable steps and find ways to help you overcome your barriers and challenges.



Many of our Practitioners have their own personal lived experience of successfully recovering from mental ill health. They can use their unique insight to understand your frustrations and share tips and techniques to use your existing strengths.

Public opening times

M	10:30 - 14:30
T	10:30 - 14:30
W	10:30 - 14:30
T	10:30 - 14:30
F	10:30 - 14:30
S	By Appointment
S	By Appointment



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Achieving the best possible mental health & wellbeing for the people of Moray