

Support at the Senhouse Centre

Walk-in between 9:30am – 4:30pm
every Tuesday, Thursday and Friday

We're here for you, no matter what you're
struggling with. We can help with:

- Worries about your mental health, mood, or emotions
- Physical health and fitness
- Housing, work, or money problems
- Drug or alcohol addiction
- Relationship difficulties
- Feeling lonely
- And lots more...



 Senhouse Centre,
Whitehaven
CA28 7ES

We are a partnership of...