

Support at the Senhouse Centre

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



Feeling lonely



Relationship
difficulties

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



Senhouse Centre,
Whitehaven
CA28 7ES

We are a partnership of...

