



# TAKE OFF

We have peer-led support groups running across East Kent, welcoming anyone aged 16+

Our mission is to support people with mental health problems to improve their wellbeing and live happier and healthier lives

We have "talking" groups which tend to be diagnosis-specific and "doing" groups like cooking, creative, walking and more

For any further information, please feel free to get in contact using the details here or use the contact form on our website.

[www.takeoffworks.org](http://www.takeoffworks.org) - [referrals@takeoffworks.org](mailto:referrals@takeoffworks.org) - 01227 788 211

A place of positivity

Get support, advice and have fun

Regular attendance welcome

FREE to attend

