



Timetable for mental health support available in the East

Monday 02.03.26	Tuesday 03.03.26	Wednesday 04.03.26	Thursday 05.03.26	Friday 06.03.26
The Well at The Baptist Church, Gorleston 8:30 - 11:30	Lowestoft Library 12.00 - 15.00	Marina Centre Great Yarmouth 10.00 - 12.00 Gorleston Library 13.00 - 16.00	Lowestoft Library 12.00 - 15.00	Great Yarmouth Library 10.00 - 13.00

Monday 09.03.26	Tuesday 10.03.26	Wednesday 11.03.26	Thursday 12.03.26	Friday 13.03.26
The Well at The Baptist Church, Gorleston 8:30 - 11:30	Lowestoft Library 12.00 - 15.00	Marina Centre Great Yarmouth 10.00 - 12.00 Gorleston Library 13.00 - 16.00	Lowestoft Library 12.00 - 15.00	Great Yarmouth Library 10.00 - 13.00

For more information about the support available please email rictriage@norfolkandwaveneymind.org.uk or call 0300 330 5488