



**THIS IS A SAFE  
SPACE FOR  
ANYONE AGED 13  
-16 STRUGGLING  
WITH THEIR  
MENTAL HEALTH**

**FREE CLUBS AT**

# **Platform**

**ARE YOU STRUGGLING WITH YOUR  
MENTAL HEALTH AND FEEL  
CONFUSED, ALONE AND NOT SURE  
HOW TO OPEN UP AND TALK?**

**Come along and meet others who feel the same  
and work out ways together to feel better**

## **PLATFORM HQ**

**BEAUFORT HOUSE, MORRISTON SA6 8JG  
(IN BETWEEN DAYS RENTAL AND THE GXO DEPOT)**

**EVERY TUESDAY AND WEDNESDAY**

**430 - 630**

**WHERE**

**WHO**

**WHAT**

**Free for anyone interested in feeling  
better and to feel more hopeful!**

**Gaming, activities, chatting, snacks,  
planning summer stuff and feeling more  
positive**

**Email [sarahhamilton@platform.org](mailto:sarahhamilton@platform.org) or call 07972 631978 to find out more!**