

Programme - Your Options Unlimited

Be Empowered - Be You!

The YOU programme is all about your empowerment, your recovery, your options and how to make them work for you.

If you live in the Central Bedfordshire area, are over 18 and have found it difficult to access employment or education because of feeling distressed through depression, stress or other related mental ill health, the YOU programme really is for you.

Where, When & How

Spend two life-empowering days between 9.30 and 3.30, with the Impact team and make a difference to your future.

Contact us for more details:



01582 797596



enquiries@impactmh.org.uk



www.impactmh.org.uk/you