

## What is Midspace?

Midspace is a source of local information that helps people to make informed choices about their mental health and wellbeing.

It has:

- Directory of local services
- Self help guides
- Factsheets
- Local health events and news

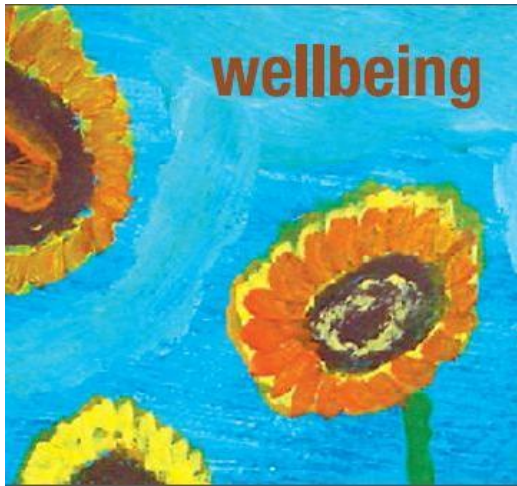
## Who is it for?

Midspace can help you to:

- Find appropriate local services and activities
- Make informed choices
- Find ways to maintain health and wellbeing
- Explore self-help opportunities

Midspace includes information for everyone. It includes information for people who:

- Are interested in maintaining their own health
- Are helping a family member, friend or colleague, including caring for someone
- Work or are studying in the health sector



Midspace is managed by  
health in mind



How to contact the team:

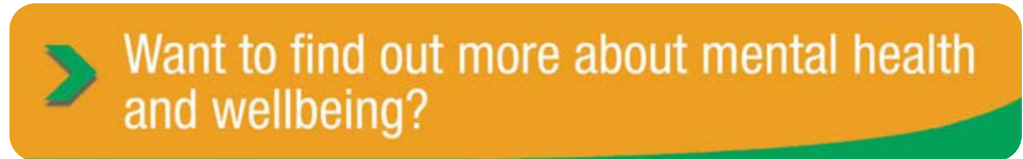
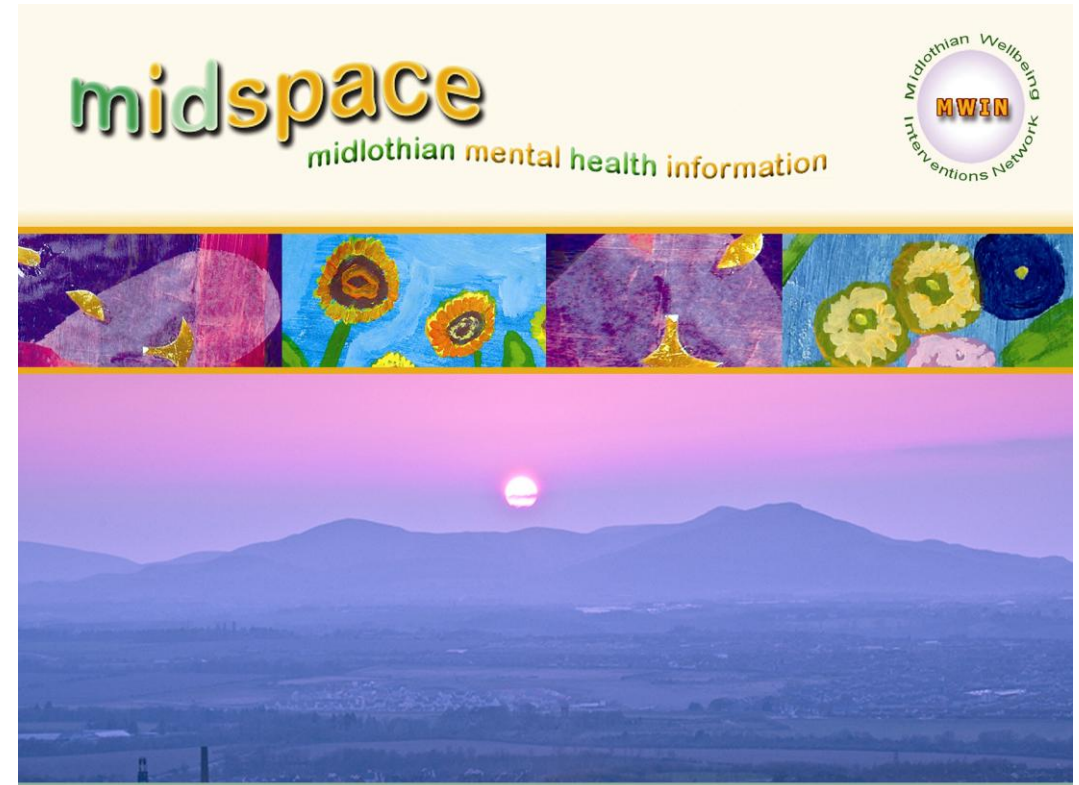
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