

Welcome to Nottinghamshire Crisis Sanctuaries

Monthly Newsletter

we're so glad you're here!

April 2023

Stress Awareness Month

Since 1992 April has been recognised as Mental Health Awareness Month, which aims to raise awareness about the importance of good mental health and to reduce the stigma surrounding mental health issues.



Many organisations and advocacy groups use this month to promote mental health resources and encourage people to seek help when needed.

Nottinghamshire Crisis Sanctuaries are open every evening, all year round!

Talk to somebody face to face.
Free of charge and no referral needed!

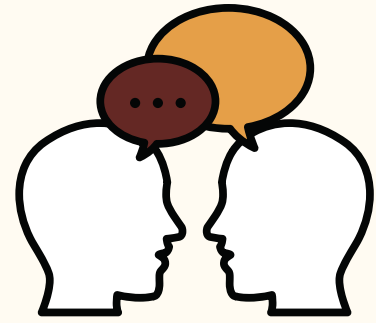
Visit our website for more information:

www.nottinghamshirecrisisanctuaries.tv

What do our clients say about us?



98% of our clients
said they felt
listened to!



We scored 4.27/5 on our feedback form



94% of our clients strongly
agreed or agreed that they
feel more supported.

Clients experience of using Crisis Sanctuaries

'Absolutely amazing; great people! Two lovely people who made me feel safe and welcome. I left with where to go tomorrow and knowledge. Thank you.

Thank you. xxx'

Anonymous

'Very helpful and good to feel listened to'
Anonymous

'Awesome! Couldn't ask for a better service' Anonymous



Have your say and join us!

We are pleased to announce that we have launched our first Community Engagement group! We want to involve and connect with members of the Nottinghamshire community, to improve communication, understanding, and collaboration. Our meetings take place online, once every two months.

For more information call 07754553663 or email: enquiries@nottscrisissanctuaries.org.uk

Would you like to volunteer with us?

Volunteering is a great opportunity to not only give back to society and the local community but also to gaining experience and learning new skills!



For more information call 07754553663 or email: enquiries@nottscrisissanctuaries.org.uk

Other Important dates in April

WORLD HERITAGE DAY
18TH APR 2023



International Day for monuments and sites, better known as World Heritage Day, promotes awareness about the diversity of the cultural heritage of humanity- Always good to get out and about in the great outdoors to improve our Mental Wellbeing.



EARTH DAY
22ND APR 2023

Worldwide event to raise awareness of the environmental issues which face the whole of planet earth. The Earth Day Organisation Campaigns on environmental issues worldwide and promotes sustainability and reducing pollution- Always good to protect our environment to support our Mental Wellbeing

WORLD BOOK NIGHT
23RD APR 2023



World Book Night brings people together to inspire others to read more. Each year books are donated to organisations across the UK that can reach people who don't regularly read for pleasure or have access to books- Always good to read as a form of Mindfulness to protect our Mental Wellbeing.