

**Penumbra**  
Your journey. Your way. Mental Health

**We are Penumbra Mental Health**  
a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health.

From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in and reach their goals, whatever they may be.



Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we are there.



**Mental Health Matters  
Every Day**

**Mental health &  
wellbeing support in**

**Aberdeen**



[penumbra.org.uk](http://penumbra.org.uk)

The Mackenzie Building  
168 Skene Street  
Aberdeen AB10 1PE

## What is Penumbra365?

Welcome to Penumbra365. If you are feeling overwhelmed or in distress, are worried about your mental health or looking for ways to improve your mental wellbeing then we can support you in a way that matters to you.

Many of our team are peer colleagues who have lived experience of mental health challenges. This means we have some understanding of what you're going through.

If your mental wellbeing is being impacted by whatever's going on in your life, we can support you to find a way forward.

## How support works

We will talk to you about how you are feeling, what matters most to you and explore options for support that is meaningful to you.

## Types of support

Whether you need short term distress support, signposting to resources within your community, to meet other people with similar experiences at our friendly group workshops or up to 6 months of one-to-one coaching; we will support you to take your next steps.

Having a peer helps me feel 'not alone' because they empower me. I don't know where I'd be without peer support

## How to access support

If you're aged 18 or over and live in Aberdeen, you can access support by contacting us directly. Just send us an email, call us or drop into our office.

We're open 9am to 9pm, every day.

We support people on their journey to better mental health, by working with each person to find their own way forward.

## Where will support happen?

We want support to work for you and that's why it's flexible. It can take place over the phone, through video call, at our comfortable offices or in and around your local community. Let us know what works best for you.

Penumbra365 is funded by:



Aberdeen City Health & Social Care Partnership  
*A caring partnership*



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