



## CITIZENSHIP AWARD WINNERS 2020

# HEALTHY MINDS - TODMORDEN

Todmorden Healthy Minds is vital and invaluable resource for people living in Todmorden, whether they have a mental health diagnosis or not and whatever their walk of life.

The Healthy Minds team in Todmorden deliver and facilitate access to an incredible range of support groups, workshops, training sessions and financial and emotional support. The team are caring, non-judgmental and welcoming and they have helped hundreds of people across Todmorden, giving them a safe space to be heard and teaching them skills and techniques to boost their emotional wellbeing and mental health.

In the words of one service user “I can honestly say that Healthy Minds has save my life and sanity” After the floods of March 2019 “Healthy Minds were there like a rainbow over the valley with a pot of sanity at the end”

16<sup>th</sup> December 2020