

Trident House is run by Make a Difference a local Charity.

We all make a difference to our own world and community by our very existence. At Trident House a place has been made that enables people who have or have had mental health difficulties, and as a consequence may feel marginalised, isolated, or demoralised, to come together in a place of understanding and support. Depression and anxiety can make it difficult to engage with many of the social activities that most people take for granted. Trident House supports people to regain confidence through gentle pursuits and activities.

Trident House is a drop in centre, there is no need for a referral.



We have tutors available for a range of activities including Music, Art, Crafts, Pottery, Cookery, Computing with free Wi-Fi. The days and times of these will vary so please enquire for details.

Where are we?

**Opposite Kilworthy
Kapers, in the next
street, a few yards be-
yond the little Co-op.**

OPENING TIMES

Mon-Fri 12-4 p.m

Tel: 01822 613746

tridenthouse@makeadifferencetavistock.online

www.makeadifferencetavistock.org

**Supporting
Mental Health
Recovery**



**2 Taylor Square
Tavistock
Devon
PL19 0DG
01822 613746**

time to change

let's end mental health discrimination



THERE'S NOTHING WORSE THAN SOMEONE SAYING, "JUST SNAP OUT OF IT."



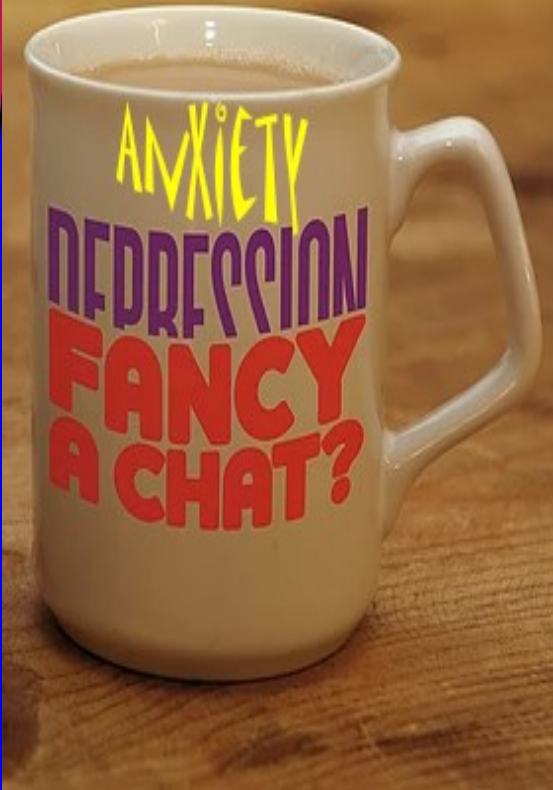
Make A Difference

Mental Wellbeing HUB

Making the Day Brighter

www.makeadifferencetavistock.org

TRIDENT HOUSE



Charity number: 1115769