

	<h2>Helping People Feel Good Mentally</h2>		
---	--	--	---


	<h3>Helping people feel good mentally by:</h3> <ul style="list-style-type: none"> <li>• Growing as a person</li> <li>• Learning new things</li> <li>• Finding jobs</li> </ul>
---	---

	<h3>Do you feel like your mental health is holding you back?</h3>
---	---

	<h3>We give:</h3> <ul style="list-style-type: none"> <li>• One to one support</li> <li>• Courses at Recovery College</li> <li>• Help to access education, training or find a job.</li> </ul>
---	--

	<h3>Our Advisors support:</h3> <ul style="list-style-type: none"> <li>• People to feel healthy and happy</li> <li>• Chances to grow and develop new skills</li> </ul>
---	---

	<p><i>"This kind of support was brilliant to have, I always felt lifted after our meetings, I think there should be more services like this that others can access."</i></p>
---	--

	<p>Go to <a href="http://www.pentreath.co.uk">www.pentreath.co.uk</a> or scan the QR code to find out more or to refer someone.</p>
---	---

	<h2>01726 862727</h2>
---	-----------------------

 @pentreathLtd	 Pentreath Ltd	 @pentreathLtd
---	---	---

	<p>This Easy Read Guide was made by Healthy Cornwall and the CHAMPS Team.</p>
---	---

	<p>This Easy Read was created using Photosymbols.</p>
---	---