

TURNING POINT
TALKING THERAPIES

Wakefield Mental Health Day

Local Support, Lasting Impact



Friday 9th October
10am - 4pm
Free to attend!



Wakefield Exchange
Union Street
Wakefield WF1 3AD



Join us to discover local organisations, take part in activities, and learn about the support available across the district. Together we can strengthen our community and promote mental wellbeing and safer futures.



Connect
with local services



Be Inspired
by guest speakers
& personal stories



Get Support
for your mental
wellbeing

#WMHD #WakefieldMentalHealthDay



Supported with Community Grants funding by
wakefieldcouncil



NHS
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Inspired by possibility



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EVENT HIGHLIGHTS



Inspiring Speakers & VIP Guests

Hear from guest speakers, people with lived experience and VIP guests including Alison Lowe, Deputy Mayor of West Yorkshire.



Creative & Family Activities

Take part in family-friendly activities, creative workshops, community art projects and interactive experiences from local partners.



Support, Advice & Free Health Checks

Meet local mental health and wellbeing services, explore available support and access free health and wellbeing checks.



Live Entertainment & Inclusive Spaces

Enjoy live broadcasts from Rhubarb Radio, music, interactive activities and a dedicated quiet space available throughout the day.



Recovery & Lived Experience

Listen to inspiring personal stories of recovery, resilience and hope through talks, discussions and performances.



Sport, Wellbeing & Community

Discover how local Rugby League Foundations and community organisations are supporting mental health across Wakefield.