

"I love and appreciate the feeling within the Sanctuary. Very easy to open up in this environment amongst the very talented and hardworking staff"



The Sanctuary at Mind in Bradford provides a calm, safe space for adults experiencing mental distress. The Sanctuary can provide practical and emotional support and may be used as an alternative to admission to statutory services if appropriate.

The Sanctuary is operated by the mental health charity Mind in Bradford in partnership with the First Response Service (FRS) operated by Bradford District Care NHS Foundation Trust (BDCFT). Referrals are made through the FRS Team on 01274 221181.

The Sanctuary is open 7 days a week from 6pm until 1am.

For more information call Mind in Bradford on 01274 730815

www.mindinbradford.org.uk

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 **mind in Bradford**
for better mental health