



At Recharge we will discuss your personal issues confidentially, while providing support and guidance on the best way forward for you.

We offer 5 ways of well-being to support you to achieve and sustain recovery...

Be active

Participate in activities that encourage and build on your physical health and fitness.

Mindfulness

Learn ways to help you relax and improve your emotional health.

Connect

Connect with Recharge and share our journey together.

Learn

Learning something new can help you feel happier and better about yourself.

Give

Being part of Recharge will give you the chance to support your local community, by taking part in various projects.