

Penumbra

Mental Health

Your journey. Your way.

We are Penumbra Mental Health,
a pioneering charity providing dedicated services for people with mild to serious and enduring mental ill health. From being there for people in crisis to suicide prevention, supported living to self-harm management and peer support, we are with those we support every step of their journey to a better place.

People's experiences are at the centre of everything that we do. We champion peer workers; they know that recovery is possible, because they've been there too.

Of course, everyone's journey is different, so we work with people to identify, believe in, and reach their goals, whatever they may be. Often, it's about hope, but we know that's not always easy for people to hold on to.

And so, when times are tough, we hold it for people, keeping it safe - just until the time is right. You see, Penumbra has always been about people; listening and learning, challenging, encouraging and enabling.

It's why we're trusted to provide services across Scotland, supporting thousands of adults and young people every month, because when people need us, we're there.



penumbra.org.uk

Dundee Carers' Support Service



We support people on their journey to better mental health, by working with each person to find their own way forward.

For people aged 16 and over in Dundee

Flexible support

Self-referral or agency referral

If you're caring for someone living with mental health challenges and you're looking for ways to look after your own wellbeing, we can offer you support. This can happen on a one-to-one basis and through group workshops, and we can also connect you to meaningful activities and resources within your community.

Many of our team members have their own lived experience of living with mental health challenges, and so they come with an understanding of what you and your loved one might be going through.