



Time and Space – is a confidential response service for people struggling emotionally in response to the coronavirus and its impact on them and their families, and who would like to talk with someone about their anxieties and concerns, now and post Covid-19.

We especially want to reach out to people for whom the threat or experience of the coronavirus has affected their mental health in ways they could not have possibly imagined or experienced.

Whether it is about how you can better manage the current restrictions of lockdown and close confinement of your own home conditions, restricted or loss of physical contact with family and friends, worries about money and benefits because of threat of redundancy and loss of income – we can offer listening support and information about additional support services for you and your family.

Time and Space is for anyone 16 years and over living in Stirling and Clackmannanshire. We welcome self-referrals. All it takes is an email or telephone call to Action in Mind, as follows:

Email: info@actioninmind.org.uk

Mobile: 07387205441