

## **West Yorkshire Charities host Mental Health Awareness Week Event at Kirkgate Market**

This Mental Health Awareness Week, on Wednesday 13<sup>th</sup> May, West Yorkshire-based charities Touchstone and Forum Central are hosting a free, drop in marketplace event at Kirkgate Market. The event will bring together over 25 local services that support people to take action to help their mental health.

Taking ‘action’ to feel more powerful and less hopeless is the theme for this year’s Mental Health Awareness Week. With stalls from a wide range of services, this event is designed to help communities find the right support for them and take their chosen steps, however big or small, to support their wellbeing. Whether you want to join a local hobby group, challenge stigma around mental health, or know who you can call out when you are having a hard time, the marketplace can offer useful support and information on how to get started.

**Everyone is welcome at this event and can drop in anytime from 10am-2pm to:**

- Find out more about the wide range of mental health support available across Leeds and West Yorkshire.
- Chat to friendly people from local services, who can offer you information, help, and advice.
- Learn about the different kinds of action – big and small – you can take to improve your mental health and wellbeing.

**As Touchstone’s CEO, Arfan Hanif, says:**

*“We are really excited to be co-hosting this Mental Health Awareness Week marketplace with our friends at Forum Central for the second year running. Events like this, that bring services together in an accessible one-stop-shop, are so important to the communities we serve. They offer a non-judgemental and inclusive space for people to have friendly conversations with support workers and explore the range of support available without feeling pressure to sign-up or share personal information. They also make services feel much more visible and reachable, reducing some of the barriers many in our communities face when seeking support for their mental health.”*

**As Forum Centrals Chair Mark Law says:**

*“The Mental Health Awareness week marketplace provides the space for member of the community to meet with a range of services enabling people to engage with support workers and learn directly about the services that are available. It is also an excellent opportunity for different services to be together, to network and learn from one another about what is available across the city and perhaps create the space for new conversations and ways in which service can continue or could work closer together in the future to improve the services for our communities across Leeds.”*

The event is free and open to all members of the public and health and social care colleagues. Whether you are looking for support, curious about services, or just want to connect with people who care, you are welcome!

To find out more about the event please visit: [tinyurl.com/MentalHealthWeekEvent2026](https://tinyurl.com/MentalHealthWeekEvent2026).  
For more information, please contact: Sarah at [SHorton@TouchstoneSupport.org.uk](mailto:SHorton@TouchstoneSupport.org.uk)