

FREE CLIMBING SESSIONS!

#WeveGotYouSpotted

C/A/M
Climb Alongside Mental Health

Climb Alongside Mental Health & The Climbing Lab, Leeds

We are offering 5 free sessions or a free 4 week kickstarter course at the Climbing Lab (Leeds) for individuals experiencing low mental health, when referred by a relevant 3rd party.



See our website for more details, or email us for the information letter.

Complete the referral form (on our website) with your service user/client and email it to us.



info@climbalongside-mentalhealth.org



[@cam_climbing](https://www.instagram.com/cam_climbing)



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