



# THURSDAYS @ NORTHPOINT

**A free emotional wellbeing service  
for men who have been sexually  
abused in childhood**

**Contact us now if you want a  
confidential space to think with a  
trained professional about what you  
have been through and how to move  
forward in life.**

- **What: a 90-minute appointment to think about further support.**
- **When: Thursdays 9:00–5:00.**
- **We are a Telephone and Online Service from April 2020.**

Northpoint Wellbeing is a Registered Charity No. 1057908

**Speak to an experienced  
therapist who  
understands**

---

**Use the time to work out  
what is best and next  
for you**

---

**Interested? Or want to  
refer someone who is?**

---

**Email in confidence to:**

**[thursdays@northpoint.org.uk](mailto:thursdays@northpoint.org.uk)**

**Please provide your  
name, email and phone  
number and we will  
contact you.**

---

**Northpoint Wellbeing**

**Leeds Bridge House  
Hunslet Rd**

**Leeds**

**LS10 1JN**

**Thursdays @ Northpoint**