

A man with a beard, wearing a red checkered shirt and a dark apron, is smiling and looking to the right. He is in a kitchen setting, with a white countertop and a white appliance (possibly a coffee machine) visible in the background. The lighting is bright and natural.

Connect with people

Keep in touch with people. It's proven good for your mental health to connect with others.

County Durham
drug and alcohol
recovery
services

#sparklethroughwinter