### Information Clinic...

Individuals can access One-to-One sessions with a Mind Recovery Coach addressing specific issues including - debt, welfare, housing, relationships, access to service and support.

Clinics are appointment only and are available across the County.

Access is via registration form, which is available on our Website.

### Peer Support...

Peer led support groups and activities open to anyone who feels socially isolated. Groups are available across the County.

Access is via registration form, which is available on the Website.

## Contact us:

For more information, please contact;

Nottinghamshire Mind

Web:
www.nottinghamshiremind.org.uk
Tel: 0800 470 0203
Email:
enquiries@nottinghamshiremind.org

Nottinghamshire Mind is a registered charity – No. 1180345









# Wellbeing in Mind

Tools for Wellbeing maintenance

mind for better mental health | Nottinghamshire

# Courses

Build and strengthen your recovery tool box with coping skills to enable you to live a complete and fulfilling life...

## Booking a place on our courses is easy

Simply visit us online to register or contact our admin team on: 0800 470 0203



### In Bassetlaw

Spring Crafts - Retford
Anger Management - Worksop
PTSD and ME - Retford
Understanding Eating Disorders - Worksop
Understanding self-harm and suicide - Retford
Managing Stress - Worksop
PTSD and ME - Worksop
Coping with OCD - Worksop

We also have a range of activities through our Get Set To Go programme.



### In Newark and Sherwood

Wellbeing Course - Newark
Mental Health Awareness - Ollerton
Staying Mentally Well at Work - Newark
King's of Cooking - Newark
Understanding Personality Disorders - Ollerton
Art as Therapy - Newark
Anger Management - Newark
Coping as a carer - Newark

We also have a range of activities through our Get Set To Go programme.



### In Mansfield and Ashfield

Coping with OCD - Kirkby
Coping with Sleep Problems - Kirkby
Coping with Depression - Kirkby
Anger Management - Mansfield
Coping with Bi-polar- Kirkby
Art as Therapy - Kirkby

We also have a range of activities through our Get Set To Go programme.