



Mind Matters

Mind Matters weekly groups offer a safe, non-judgmental space to discuss and explore issues around wellbeing and mental health.

We explore a range of different subjects: depression, anxiety, self-esteem, goal-setting and more.

We also provide various self-led activities such as art and crafts to support people with their mental health and wellbeing. Please contact us before your first visit.

For more information, please contact:

e: hq@mind-blmk.org.uk

t: 0300 330 0648

How to access support

For most people, self-referral is the simplest way to access our service.

You can do this by completing our online referral form on our website.



The groups mean I am feeling better, getting better, doing better 



www.mind-blmk.org.uk

Charity No. 1068724