



For better  
mental health

# SOUTH LINCOLNSHIRE MIND

Registered Charity No 701808

## **SOUTH LINCOLNSHIRE'S MENTAL HEALTH SUPPORT GROUP**

Now at  
SLEAFORD YOUTH CENTRE  
Money's Mill Yard  
Sleaford  
NG34 7TW

### **MEETINGS HELD:**

**MONDAYS: 1.00PM-4.00PM**

**WEDNESDAYS: 10.00AM - 1.00PM**

We are here to offer support & guidance to people who are suffering from or have suffered Mental Health or Emotional Issues, their carers and families.

Take time out to have a cuppa and chat, relax, unwind or just have some quiet time.

South Lincolnshire Mind encourages social inclusion and self empowerment to users/members.

Please come along to see what we are about.

### **Or Contact:**

**John Dickinson,  
Westgate House  
30 Westgate  
Grantham  
NG31 6LX**

**Tel: 01476 403434**