

## Other Services at Telford Mind

### Drop-In Centre

The friendly and relaxed Drop-In Centre is a place you can escape to for a while whenever you want to. You can share problems, find support from others, give support, meet new people and have a chat. There are always trained staff and volunteers to talk to or just come and sit quietly if that is what you need.

### Forward Mission

Forward Mission is our peer mentoring service that supports individuals from Telford and Wrekin that are socially isolated due to their mental health. You will be assigned a mentor who will assist you in making a plan to reach achievable goals.

To find out more or to refer to the service please contact the Forward Mission co-ordinator on:

07925 893542 or

[forward.mission@telford-mind.co.uk](mailto:forward.mission@telford-mind.co.uk)

### About Telford Mind

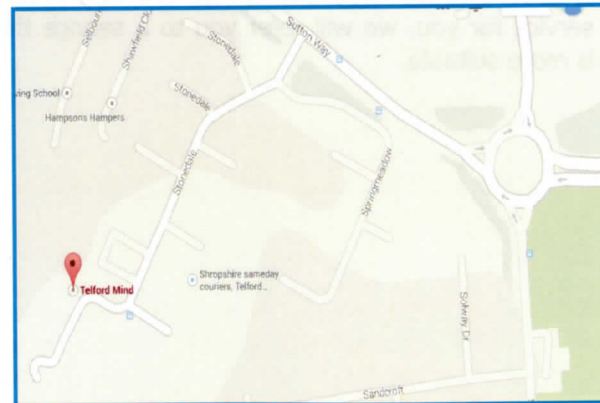
Telford Mind is an independent voluntary organisation that is affiliated to national Mind. It exists to promote and support better mental health in Telford and Wrekin.

Telford Mind works to promote recovery, aiming to provide high quality services for people who are experiencing mental health issues or emotional distress. It also offers support to people undertaking caring roles.

Telford Mind works to promote independence and inclusion. It challenges stigma. It promotes self-confidence and self-reliance and designs and delivers appropriate services and activities through service user participation in development, delivery and governance. We promote wellbeing.

## Telford Mind Opening Times

Monday	9.00 am - 3.00 pm
Tuesday	9.00 am – 3.00 pm
Wednesday	9.00 am – 3.00 pm
Thursday	CLOSED
Friday	9.00 am – 3.00 pm
Saturday	CLOSED
Sunday	CLOSED



By car: follow signs to 'Sutton Hill' then to 'Local Centre'. Bus routes: No. 2 and No. 1

# Telford Mind Listening Service

We all experience some form of emotional distress at some point in our lives. Sometimes, coping with that distress can become too difficult and we need to turn to others for help.

**We Care, We Listen, We Can Help**

Tel: 01952 588367

[talk2@telfordmind.co.uk](mailto:talk2@telfordmind.co.uk)

[www.telford-mind.co.uk](http://www.telford-mind.co.uk)



Alan Goodall Centre

76-83 Severn Walk

Sutton Hill

Telford

TF7 4AS



Telford Mind is a registered charity - No. 516444