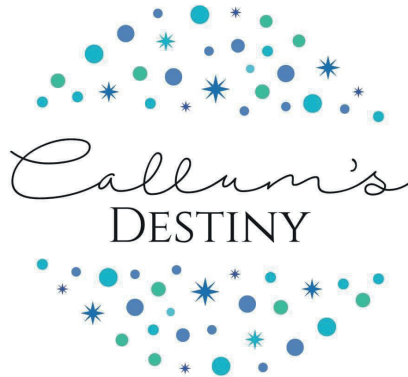


"Be kind to yourself"



A confidential place to be for friends and family aged 18 plus who have been affected by suicide.

These groups will provide:

Informal support

Peer support

A safe and confidential space

Therapeutic activities

A place to chat

Open access. No referral required.

Access us, every other Monday 5.30pm-7.30pm

1st Monday of the month at Staffordshire University, Leek Road, Stoke-on-Trent, ST4 2DF.

3rd Monday of the month at The Sitting Room Photography Studio, 1a, Station Road, Kidsgrove, ST7 1BX.

For more information contact zoebrown@nsmind.org.uk or 01782 262100



We would like to thank our sponsors who have provided venues, printing, raised awareness, fundraised and supported us.

