



**Here to make
sure no one faces
a mental health
difficulty alone**

Doncaster Mind is an independent local charity, providing high quality mental health services in Doncaster and its surrounding area.

 **mind**
Doncaster

Our Services

Wellbeing@DM

For adults in the Doncaster Area who identify with mental health and wellbeing issues and wish to access support. Wellbeing@DM is run in partnership with Changing Lives, and offers a combination of:

- One to One Support
- Guided Learning Courses, Wellbeing and Peer Support Sessions
- Counselling and Bereaved by Suicide support

Training

We provide training to a wide range of organisations in and around Doncaster including Mental Health First Aid, Mental Health and Wellbeing Awareness.

Thrive@DM

Thrive @DM aims to offer up to 24 weeks of mentoring support to people who usually access services such as GP, A&E, NHS 111 or Crisis Services to support their immediate mental health and wellbeing needs, more frequently than is typically expected.

Keeping Families in Mind

Counselling for families of: armed forces personnel, reservists and veterans.

Volunteering

Volunteers are a valued part of our team and receive a full induction, training and ongoing support. Roles include mentoring, befriending and fundraising.

For more information:

Ring us on: 01302 812190
or email: office@doncastermind.org.uk

[doncastermind.org.uk](https://www.doncastermind.org.uk)

Registered charity no. 1141146