



**I'm finding it hard
to find joy in the
day to day.**

If this speaks to you, speak to us

**Sometimes, finding the words to say how we feel
is tough. It can feel like you're talking a language
no one else understands. But we do.**

**We're here to make sure that anyone with
a mental health problem has somewhere
to turn to for advice and support.**

We provide practical wellbeing support to people in and around Andover, designed to encourage and empower people with mental health problems to recover and work towards reaching their full potential.

Get in touch - call us **01264 332297**
or email **enquiries@andovermind.org.uk**

Follow us on social **f @andovermind**
andovermind.org.uk

Opening hours

Our Andover Wellbeing Centre is open Monday to Friday 9am-4pm

Where to find us

Westbrook Close,
South Street, Andover,
Hampshire SP10 2BN



Andover Mind is a registered charity no. 1039094
registered company no. 2935549