

Recentring and Mindfulness

Nottinghamshire Mind

For further information about local services, volunteering and fundraising opportunities

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General enquiries and information

Tel: 0800 470 0203
Email: admin@nottinghamshiremind.org.uk
Web: www.nottinghamshiremind.org.uk

Further resources and support

Tips and guides to help you cope with everyday things like money, work, university etc.
<https://www.mind.org.uk/information-support/tips-for-everyday-living/>

Information on mindfulness, how to practice it and how it can help with mental health problems
<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/about-mindfulness/>

Links to other organisations and services offering mindfulness and wellbeing support and training
<https://www.mind.org.uk/information-support/drugs-and-treatments/mindfulness/useful-contacts/>

If you need urgent help

Information and emergency phone numbers to call
<https://www.nottinghamshiremind.org.uk/i-need-urgent-help/>

