



Do you wish to improve your mental wellbeing?



Would you like help to remove barriers in accessing support and advice, careers support and education?



Would you like to receive counselling from one of our counsellors?



Please do get in touch!

BUILDING BETTER OPPORTUNITIES

Burton and District Mind are one of a group of partners providing a Building Better Opportunities project, with the aim of supporting disadvantaged people in the East Staffordshire area*.

We will be providing:

- A one to one pathway meeting – a tailored support plan to identify individual needs.
- One to one counselling – offering various counselling orientations from one of our 10 counsellors.
- Small group courses – mental health awareness and wellbeing courses.
- One to one support – breaking down barriers when accessing health advice, careers support or education.

** Restrictions apply. Participants must be unemployed or economically inactive, with evidence of EU citizenship.*

**BURTON AND DISTRICT
MIND**

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t: 01283 566696

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