



Supporting local people: for better mental health

CPSL Mind is the local Mind charity for the residents of Cambridgeshire, Peterborough and South Lincolnshire.

We are a values-based organisation and provide a wide range of services to support those recovering from mental health problems, promote positive mental health and tackle mental health-related stigma and discrimination across our communities.

Our services include:

- One to one support
- Skills workshops
- Counselling
- Talking therapies
- Peer support groups
- Building resilience
- Out of hours crisis support
- Campaigns & awareness training
- Mental health related training
- Perinatal groups
- Community connectivity



For more information please contact us:

Telephone: 0300 303 4353

Website: www.cpslmind.org.uk



CPSL Mind



@cpslmind

