



For better
mental health

**SUNDERLAND
MIND
14 NORFOLK STREET
SUNDERLAND
SR1 1EA**

Tel: (0191) 5657218

Fax: (0191) 5100705

Email

admin@sunderlandmind.co.uk

Website:

www.sunderlandmind.co.uk

Jean Walker

**Welcome to
Sunderland Mind**



For better
mental health

Drop in Service

Sunderland Mind drop in service

Welcome to Sunderland Mind, we hope you find this pack useful when you start to access our service, our drop in service is open five days a week for anyone who is in need of our service to access. The hours are as follows;

Monday - 10am till 4 pm
Tuesday - 10am till 6 pm
Wednesday - 10am till 4pm
Thursday - 10am till 4 pm
Friday - 10am till 1 pm
Saturday - Closed
Sunday - Closed

Sometimes bank holidays and holidays vary but we always place a poster up in the drop in explaining closing times over holidays.

Do you have any medical conditions?

What support do you need from us?

Is there anything you want us to know?

Emergency Contacts on your behalf.

Regular trips are arranged, within the area and outside the area. We place these also on the notice board.

Is there anything we need to know about you, is there anything you feel you want us to know, speak to one of our members of staff, all information will be kept confidential.

Who has referred you to Mind?

Are you in connection with any other services?

Are you on any medication?

Our drop in is a safe environment for anyone with mental health issues who would like to use it. It is 50p entry to use our drop in which entitles you to 4 cups of tea, coffee or juice. Our drop in is ran by our drop in worker, Lesley, and the drop in volunteers who maintain a warm and friendly atmosphere, within this environment they serve tea, coffee, soft drinks and snacks on certain days.

Women's Group

Throughout the week we run a women's group on a Monday afternoon between 1pm and 3pm, run as a drop in where they have discussions, crafts and outings. We also have an art group on a Wednesday afternoon, between 1pm and 3pm which can be accessed by anyone who would like to try their hand at art no experience required!!!

Anger Management Group

We also have an anger management group, anxiety group and a counselling service, all of these are on a referral basis but one of our members of staff in the office will take the referral.

Counselling Service

We also have a counselling service, which you can refer into, ask at our office, we will take your details which are kept confidential.