



Talking Minds

For 14 to 17-years olds

Drop-in sessions for young people only!

It is a hub and safe space for you and your friends to connect and be heard, to try different things and talk about... Anything really.

Trained mental health support worker will also be available during sessions if you want to talk to someone.



**At North Lincolnshire Mind every Tuesday
between 4:30 pm and 6:30 pm**

Everything will be provided free of charge. We will have some fun activities, snacks, and chats. And if you want to bring that friend of yours - the more the merrier.

