

[Back to listing](#)

**Themes:** Advocacy, Mental Health

**Aimed at:** All People

Mental Health Support Group Retford meets weekly on a Wednesday at The Methodist Church on Grove Street Retford- Access to the group is via Union Street and there is a disabled ramp for anyone needing to use it.

The first session is free and then £ 1.50 thereafter  
The group is run by Sarah Carter. Tel- 07398073844

Nottinghamshire Mind will exist to provide support, information and guidance on mental health issues.

Our vision is to ensure that everyone experiencing a mental health issue gets both support and respect.

Our goals are to-

- Encourage holistic wellbeing
- Empower choice
- Improve services and support
- Enable inclusion
- Improve resilience
- Remove inequality
- Raise awareness
- Encourage personal development and recovery

Nottinghamshire Mind will be a focal point for people with mental health issues, inclusive and there for everyone. An organisation in which people with mental health issues can feel safe and distance themselves from the stigma that exists in the outside world. The lead for accessing mental health services in Nottinghamshire.

Nottinghamshire Mind's goal is to promote recovery, instil knowledge and involve the community. It seeks to empower people to take responsibility for their own mental health recovery.

Nottinghamshire Mind will exist to promote good mental health, to educate, inform, reduce stigma and build the resilience of the local community. To provide a supportive and empowering environment for people with mental health issues and their carers, a place for people with mental health issues to go to feel accepted, signposted and supported, to help people move forward with their lives.

The purpose of Nottinghamshire Mind is to provide services for people with mental health issues. It delivers services and support to the most vulnerable in our community, including education and information groups for men and women, promoting recovery and emotional wellbeing.

Nottinghamshire Mind will provide fit for purpose services that fill a gap in the County and will be the first port of call on mental health issues. Nottinghamshire Mind will work with a diverse group of people with different backgrounds, will not discriminate and not judge or exclude those with mental health issues.

Nottinghamshire Mind will work with statutory and non-statutory services alongside the general public, because mental health issues affect everyone. Nottinghamshire Mind will work with anyone who would benefit from improving their mental wellbeing.

Worksop Office  
Head Office  
6 Hardy Street  
Worksop  
S80 1EH  
Office Hours 9am – 4pm Monday – Friday

Mansfield Office  
14 St Johns Street  
Mansfield  
NG18 1QJ

Office Hours 9am – 4pm Monday – Thursday and Fridays 9am – 3pm

**Area:** Bassetlaw

## Contact Details

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S80 1EH

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[Back to Listing](#)