

Love me Love my mind

Our Mission Statement
To break down stigma
and inspire understanding
about mental health.

We hope to achieve this by:-

- ♥ Providing a regular Monday Drop-In session.
- ♥ Organising the annual Epsom Mental Health Week.
- ♥ Offering encouragement, support and friendship to people with mental health issues and their families.
- ♥ Signposting people to helpful mental health resources.
- ♥ Challenging stigma wherever it occurs.



Love Me - Love My Mind

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Dedicated to promoting
understanding about mental
health in our community.

