

# DROP IN COALVILLE LIBRARY

10.00am – 12.00noon  
EVERY FRIDAY

**Signposting**

**One to One Support**

**Information and advice**

**Peer Support**

**supporting your mental health & wellbeing**



[www.mhm.org.uk](http://www.mhm.org.uk)

email: [leicestershire.andrutlandmhm@nhs.net](mailto:leicestershire.andrutlandmhm@nhs.net)

Referrals: 0300 323 0189

Helpline: 0300 323 0187

Office: 0116 208 1505