

# **STAFFORDSHIRE AND STOKE ON TRENT**

## **LOCAL MENTAL HEALTH SERVICES & COMMUNITY GROUPS**

### **MENTAL HEALTH SERVICES**



#### **Changes Health and Wellbeing**

<https://changes.org.uk>

**01782 411433**

#### **North Staffs Mind**

<https://nsmind.org.uk>

**01782 262100**

#### **Brighter Futures**

<https://www.brighter-futures.org.uk>

**0808 800 2234**

### **COMMUNITY GROUPS**

#### **Mind Burton and District**

<https://burtonmind.co.uk>

**01283 566 696**

#### **Andy's Man Club**

<https://andysmanclub.co.uk>

**info@andysmanclub.co.uk**

#### **Staffordshire & Stoke-on-trent Talking therapies**

<https://www.mpft.nhs.uk>

**0300 3030923**