



**We want to make Suffolk the best place
in the world for talking about and
taking care of mental health**

Our Services

Anxiety Management
Bereaved By Suicide
Children, Families & Young People
Counselling
Eating Recovery
Frontline Partners
GreenCare
Helpline
Menopause and Me
Open Spaces
Suffolk Night Owls
Suffolk Work Well
Supported Housing
Waves



The Mental Health Toolkit
workplace training

To learn more about a service, head to our
website suffolkmind.org.uk or scan the QR code





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