

Lancashire Mind in Blackburn with Darwen

Our projects & core services in Blackburn with Darwen

Chill & Chat

A friendly social group where you can meet new people & try out new things through taster sessions, guest speakers & fun

Open House

A space for likeminded people to talk & share experiences of mental wellbeing and offload in a judgement free environment

Do you live in the south east of Blackburn. Want to feel healthier & happier with a long term health condition?

Ask us about the **ASC Project**

Are you a man?

Fed up of bottling things up? Not sure what to do?

Find out about the **Facing Up Project**

Find out more at Open Door

A friendly & informal access point

Every Tuesday 2-4 @ Your Support Your Choice

9A Town Hall St, Blackburn (opposite Blackburn library)

Call our head office on **01257 231550**



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