

# We're here for you



Our doors may be closed but we're still open.  
Our friendly and supportive staff are on hand Monday to Friday 9.30am - 5pm.  
Leave us a message outside these hours and we'll be in touch.

## Well-being

We offer advice, information and support to help you manage your mental well-being. Get in touch if you are feeling anxious or distressed.

Phone: 01252 317481

Email: [well-beinghartandrushmoor@andovermind.org.uk](mailto:well-beinghartandrushmoor@andovermind.org.uk)

## Carer Support and Dementia Advice

Providing advice, information and support to carers and people with dementia and memory problems. Contact us if you have any concerns.

Phone: 01264 332297 (option 3)

Email: [enquiries@andovermind.org.uk](mailto:enquiries@andovermind.org.uk)

Providing services across Hampshire



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