

**mhm**  
mentalhealth**matters**

# DROP IN RUTLAND

Dolphin & Gerrard Court, Johnson Road,

## Uppingham

LE15 9SA

10am – 12 noon  
EVERY THURSDAY

Signposting

Information and Advice

supporting your mental health & wellbeing



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

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

Referrals: 0300 323 0189

Helpline: 0300 323 0187

Office: 0116 208 1505

