



Free Counselling Service

If you are struggling with difficult life events, stress, anger, anxiety, low mood, loss, relationship issues...
we are here to help

Tameside, Oldham and Glossop Mind offer free counselling for adults living in the Tameside and Glossop area.

For more information or to book an appointment call us on:

0161 330 9223



Tameside, Oldham
and Glossop



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