



# Keeping Families in Mind

**Support for people with a connection to the armed forces**

**Sheffield Mind provides**

- Free counselling to anyone who has a family member in the armed forces or in the reserves
- Monthly support group to meet people in a similar situation
- For more information please visit our website:  
[www.sheffieldmind.co.uk](http://www.sheffieldmind.co.uk)



**Or contact Sam**

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**Sheffield**