

## Confidence Building Course

Do you have a mental health problem or have suffered in the past?  
Would you like to improve your confidence and self-esteem?

Take part in a 6 week friendly course at Andover Mind.

### Confidence Course;

- Improve your self esteem
- Build assertiveness
- Encourage positive thinking & self-talk
- Improve your confidence when communicating with others
- Support your recovery

If you would like to register your interest in the course, contact; Claire Tuson or Barbara Allen on 0300 5000 907

Or e-mail [advice@andovermind.org.uk](mailto:advice@andovermind.org.uk)



### Other Information

More information about Andover Mind services can be found at

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

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