

We're here for you

Stressed about coronavirus?

Looking for ideas to help your mental health? Need to chat to someone who understands? Whatever is on your mind at this difficult time, we're here to support you

- Call us on 01708 457040 for more information about how we can support you
- Email us at reach.us@haveringmind.org.uk
- For advice on looking after your wellbeing please visit www.haveringmind.org.uk

Whatever your worries are, we're here to help you



Barking and
Dagenham

