

Havering Mind

Promoting and protecting good mental health for all



INVESTOR IN PEOPLE

Havering Mind

Are you or someone you know, living with or struggling to cope with mental health concerns?

If so... **WE CAN HELP!**

Our extensive range of services are friendly, confidential and support individuals of all ages in their journey to recovery from mental health distress. Client involvement and partnership leads our continued success.

Opportunities include:

- Coping with life skills
- Education and training
- Focussed groups
- Information and guidance
- Meeting new people
- Programme of wellbeing activities
- Support for Carers
- Volunteering

Services are delivered from various community venues across the borough.

Our staff are trained to provide practical and social support for people with mental health problems and their carers.

For further information please contact **Havering Mind** on:

phone **01708 457040**

email **reach.us@haveringmind.org.uk**

address **Harrow Lodge House Hornchurch Road
Hornchurch RM11 1JU**