

USEFUL NUMBERS

London Borough of Havering
01708 434343

Age Concern – Havering
01708 796600

Citizens Advice Bureaux
0844 826 9697

Bus Passes
01708 433997

Samaritans
01708 740000

Queens hospital
01708 435000

HUBB
0208 590 2666

Community Alcohol Team
01708 433093

Rethink
01708 767675

HAVERING MIND

Havering Mind is a local mental health charity. We aim to

- ◆ Support people with mental health issues.
- ◆ Provide support to people who care for someone suffering with mental health issues.
- ◆ Support children between the ages of 10-18 who are in social crisis.

ARE YOU

- ◆ Positive—we need volunteers who can act as a role model to those who need a helping hand.
- ◆ A good listener—could you provide a listening ear, build rapport and give those in need a chance to be heard.
- ◆ Approachable—are you friendly, polite and responsive.

If you answered yes to these questions and would like to become a volunteer for Havering Mind please contact us.

Membership of Havering Mind is open to anyone with an interest in mental health.

Application for Membership.

Name.....

Address.....

.....

.....

Postcode.....

Telephone.....

Email address.....

Membership runs from 1st September—31st August

Fees:

Concessions Single £3.00

 Couple £4.00

Non Concessions Single £10.00

 Couple £15.00

Funded by
Havering NHS



INVESTOR IN PEOPLE



For better
mental health



Men's Support Group

HAVERING MIND
HARROW LODGE HOUSE
HORNCHURCH ROAD
HORNCHURCH

RM11 1JU

TEL:01708 457040

FAX:01708 457040

www.haveringmind.org.uk

Registered Charity Number 1108470
Company Number 4184862

Welcome to the Men's Support Group

Comments from our clients

Something to look forward to each week whereby with talking you interact with people in relevant situations.

I think meeting for the group is structure for me, and to talk takes me out of myself.

It gets things off my chest.

The group helped me a lot when I first came to mind. It saved my life

OUR MEN'S SUPPORT GROUP MEETS MONDAY AFTERNOONS AT 1.30 to 3.00

The group consists of men who are experiencing mental distress, who have been referred to Havering Mind by their mental health professional or G.P.

The group which is run within a safe and confidential setting, encourages the sharing of experiences and mutual support between group members.

We have a non-judgemental approach, always aim to focus on the positive and work towards setting goals and aims for the future.

We often share a laugh and joke which is a great way to relieve stress on a Monday afternoon!!



**IF YOU WOULD LIKE TO
ATTEND THIS GROUP
PLEASE CONTACT
THE GROUP
FACILITATORS,**

**JULIA TURNER or
BRENDA O'BRYAN**

ON

01708 457040

**BEFORE ATTENDING FOR
THE FIRST TIME.**

**THANKYOU TO ALL SERVICE USERS,
VOLUNTEERS AND STAFF WHO
CONTRIBUTED TO THE
PRODUCTION OF THIS LEAFLET**