

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

Domestic Violence
0808 2000 247

Re Think
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



Women'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 Women's Support Group

Comments from our clients

- ◆ I have been to a few meetings and for the first time in years I finally feel like maybe there is a chance I will be able to function again, I am not crazy I am just in a bad situation
- ◆ I was shown such kindness and understanding and a place to feel safe where I could get advice and discuss my situation and ways to help me regain control of my life
- ◆ I get a lot of benefit coming to the group; I feel I am not the only one experiencing problems, it also helps me to deal with issues by exploring my feeling in a kind, caring and safe atmosphere supported by the group

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

Hub/new leaflets/Women's support Group

OUR
WOMEN'S SUPPORT GROUP
MEETS ON
MONDAY MORNINGS
AT
10.15 to 12.30

The group consists of women who are experiencing mental distress, and who have been referred to Havering Mind by their Mental Health professional or G.P.

The group is run within a safe and confidential setting, and 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, which is a great way to lift tension on a Monday Morning!



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.