



# Confused about your

**Havering Mind is your local mental health charity.**

We provide support and guidance for those in the community who may be

**For more information on Havering Mind  
please contact us:**



**Stressed?**

**Anxious?**

**Over worrying?**

**Panicking?**

**Depressed?**

**These are common  
mental health problems**

**Havering Mind is your local mental health charity.**

We provide support and guidance for those in the community who may be experiencing mental health problems.

**For more information on Havering Mind  
please contact us:**

**01708 457040**

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



**Stressed out?**

**Anxious?**

**Worrying too much?**



**Havering Mind is your local mental health charity.**

We have a range of information, resources and services

**For more information on Havering Mind  
please contact us:**

**01708 457040**



# Improve your mental wellbeing



**Havering Mind is your local mental health charity.**

We provide support and guidance for those in the community who may be

We offer **training programmes** for local businesses to educate you on how mental health affects your business and how to improve the mental wellbeing of your staff

**For more information please contact us:**

**01708 457040**



# Think you're alone?

## ...you're not!

### Approximately

# 30%

## of all GP consultations are related to a mental health

**Havering Mind is your local mental health charity.**

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Pick up a leaflet to find out how you can improve your own mental wellbeing and learn about our services.

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