



*Self-learning
groups:
Coping With Life
Skills*

*One-to-One
Counselling*

*ART &
making
space*

Introducing: a new, FREE service with
ex-Service personnel in mind



mind
for better mental health

in Haringey
www.mindinharingey.org.uk



Welcome. Do you have lived experience of the armed forces?
Have you experienced mental health problems or feelings of isolation?

Would you like to:

- **connect** with others in a supportive environment?
- **learn** more about yourself ?
- **improve** your mental wellbeing ?
- relax and be a bit **creative** ?

Course topics:

Anxiety
Self-Esteem
Assertiveness
Loss or change
Anger
Depression
Stress

ALL FREE

Come and join us on Wednesdays:

Open art-making, 2 hour group

"Coping With Life Skills" 6-week courses

One-to-one counselling (10 weeks).

For info & any questions:

020 8340 2474

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for better mental health

in Haringey



Groups take place at:

Station House

73c Stapleton Hall Rd,

London, N4 3QF

Bus: W3

Tube: Finsbury Pk

Overground: Crouch Hill

www.mindharingey.org.uk Charity no: 801618 Company no: 2125188

