

LET'S TALK ABOUT MENTAL WELLBEING

SIGNPOSTING AND INFORMATION SERVICE

Would you like to speak to someone in confidence and access support to help with your issues?

Are your worries & stresses impacting on your daily life?

You can speak to us in confidence on the following days:

FACE TO FACE SUPPORT (BENGALI SPEAKING):
EVERY WEDNESDAY, 9.30- 11.30AM
VENUE: HARFORD HEALTH CENTRE
115 HARFORD STREET, LONDON E1 4FG

You can turn up on the day at the venue, request an appointment by calling 07871 927 324 or email support@bangladeshimentalhealth.org.

TELEPHONE SUPPORT (BENGALI SPEAKING):
EVERY THURSDAY 10-12PM
TELEPHONE: 07871 927 324

Calls outside the advertised hours will not be answered, but you can leave a voice or text message and we will get back to you.

We would like to reassure you that our service is confidential and no information will be shared with your family or relatives.



Important Information

This service is only for signposting and information, staff and volunteers cannot provide professional and ongoing mental health support. However, we will do our best to help you by speaking to you about your issues and referring you to the relevant support service.

- www.bangladeshimentalhealth.org
- info@bangladeshimentalhealth.org
- General Enquiries 0771 607 8840
- Charity Number: 1128579