

THINK DIFFERENT, FEEL DIFFERENT, LIVE BETTER

EVERYONE SOMETIMES FEELS OWAR ON EDGE WHY NOT DEAL WITH IT NOW?

You can meet us at your local library, children's centre or health centre for talking therapy.

FOR MORE INFORMATION, CONTACT NUMBERS OR TO MAKE A REFERRAL, PLEASE CHECK OUR WEBSITE:

www.lets-talk.co

Barnet, Enfield and Haringey Mental Health NHS Trust

