

Feeling sad or hopeless?



Traumatised or bereaved?

Constant worry & too many thoughts?

Tired, restless or unable to sleep?

Confused and wanting to be alone?

Wanting to talk but don't know where to start?



Drop by at Golborne Medical Centre for a quick chat with mental health advisors from



Community
LivingWell

Working together for your wellbeing

**to discuss how you are feeling,
understand your experiences,
learn tips to improve wellbeing, and
gather information on the local support.**

Golborne Medical Centre

12-14 Golborne Road , London, W10 5PG

Wednesday, 26th September

09:00 am—11:00 pm