

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