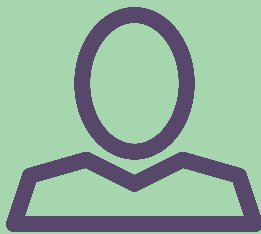




East Herts

MENTAL HEALTH SUPPORT: WHERE TO FIND HELP



Almost 1 in 3 of our clients who came to us for practical advice reported suffering from mental health issues.



62% said their mental health issues caused or contributed to their practical problems.



You are not alone: pick up one of our leaflets for information on mental health organisations you can contact by telephone, online or in person.