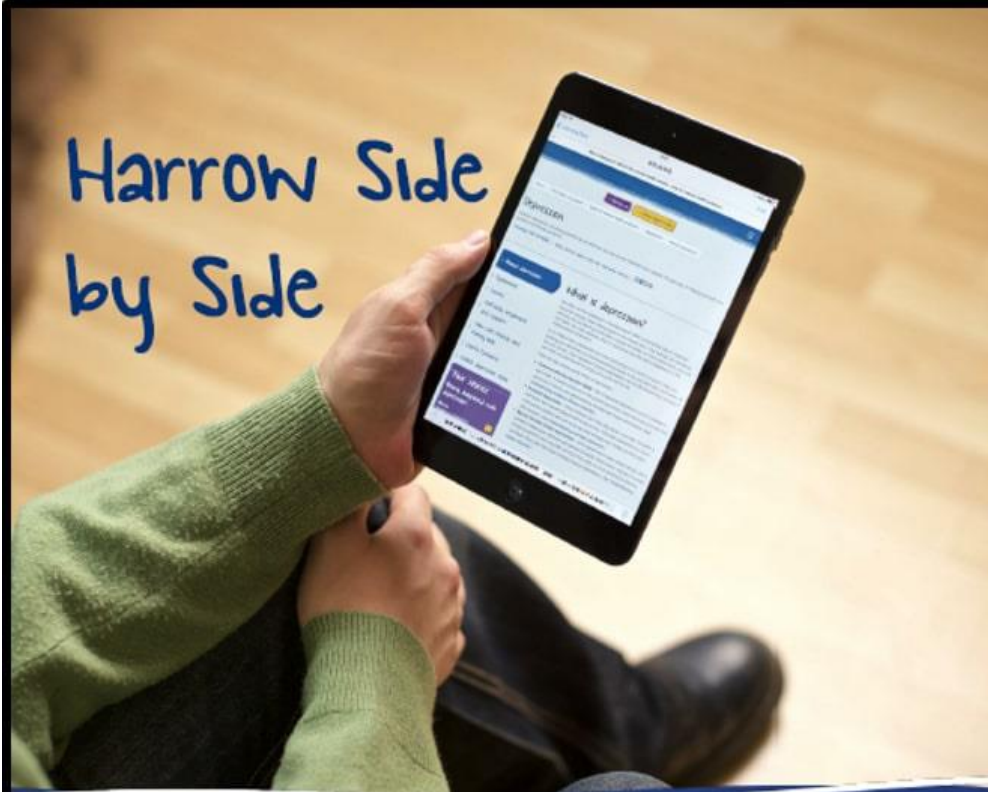


Harrow Side by Side



Befriending support for your well-being

- Our Befrienders will be there to encourage and motivate you to achieve your well-being goals.
- We will support people in a group and some 121.
- The service will run until mid-October 2020.



What is on offer?

Tips from Mind
in Harrow to
empower your
well-being

Group peer
support to
empower your
well-being

Listening and
emotional
support

How does it work?
We will chat with you about how you are managing and how we might be able to support your well-being. We can offer peer support groups with some limited 121 telephone places also available.

- Am I eligible?
• This service is for those experiencing mild-to-moderate mental health problems, 18+ years and a resident of Harrow.
- To find out more, please contact Jennifer Oh
• E: j.oh@mindinharrow.org.uk
• T: 0208 426 0929

