



**ARE YOU FEELING LOW?
DO YOU FEEL LONELY?**
You're not alone. Talk to
someone you trust.
Sharing a problem is a
first step to recovery

**IT'S OK
NOT TO BE OK**
Don't suffer in silence
HELP IS EASILY AVAILABLE

SAHELI

Empowering Women to Make Informed choices

Mental Health Problems can affect the way you think, feel and behave. For some people, these negative emotions can become worse over time.

If left untreated, it can result in serious mental health conditions such as depression, despair, anxiety which effects the quality of life and well-being.

Enfield Saheli provides support and expert advice to women facing issues with their emotional well-being. Our trained advisors and counsellors help you overcome depression and guide you on how to improve and maintain your well-being.

MENTAL HEALTH SUPPORT

- Free Multi-lingual Counselling by professionals
- Mental Health Outreach Service
- Welfare checks by telephone
- Flexible appointments including out of hours and weekends



Our Supporters:



Contact us : info@enfieldsaheli.org

Tel: 0208 373 6218/ 07483166493

Visit us at: www.enfieldsaheli.org

Facebook/ Instagram: **Enfield Saheli**