



Connect & Change



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A free and confidential mental health service for the African, Caribbean and South Asian communities living in Brent. We offer support for issues such as depression, anxiety, isolation, self-esteem, cultural issues and more.



Counselling for up to 16 weeks with a counsellor.

Therapeutic groups helping you develop ways to cope with your mental health, providing a space to express your thoughts and feelings and be supported by peers going through similar experiences.

Health & Wellbeing groups educating you on physical health, mental health and wellbeing - e.g. relaxation, exercise, smoking cessation.

Life skills offers 6 key-working sessions with a support worker - offering you information, advice and guidance - e.g. accessing other services and goal setting.

Peer led activities run by you and other volunteers planning activities and outings.

Languages: we can offer support in Tamil, Hindi, Bengali, Urdu, Punjabi, Gujarati, Arabic, Somali, French and English.

We accept referrals from professionals and self-referrals.

Call 020 8961 8623

Email: c&c@eachcounselling.org.uk

EACH Brent

Design Works, Park Parade, Harlesden NW10 4HT

www.eachcounselling.org.uk



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