



**Mental health problems
aren't something you
have to cope with alone.**

STRUGGLING TO COPE?

Help is at hand.



If you need support or are supporting someone else, visit jamiuk.org/get-support or call **020 8458 2223**

For immediate help, contact Shout's 24/7 crisis text service. Text **Jami to 85258**



For free, anonymous online counselling and emotional support, visit qwell.io/jami



Jami
Mental Health
for our Community

jamiuk.org | **020 8458 2223**

 JamiPeople |  JAMIMentalHealth

 [jami_uk](https://www.instagram.com/jami_uk) |  Jami UK

