



**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



Registered charity no. 1003345.
A company limited by guarantee.
Registered in London no. 2618170

jamiuk.org | 020 8458 2223

 JamiPeople |  JAMIMentalHealth

 jami_uk |  Jami UK





WHO IS JAMI?

Jami enriches and saves lives impacted by mental illness and distress in the Jewish community.

We provide professional, person-centred treatment and support for people with mental health needs, as well as their families and carers. We advise and advocate for people navigating mental health services, and through education we equip the community with the skills and knowledge to be resilient, inclusive and better able to support mental illness and distress.

jamiuk.org

020 8458 2223 info@jamiuk.org

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We do this through

One-to-one and group support

Online counselling

Befriending

Services for carers and young people

Advice and signposting

Events at Jami's Head Room café in Golders Green

...and through our education programme.



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