

# Struggling with your mental health?

We're here to help you.



- The Croydon Health and Wellbeing Space offers free mental health advice and support
- Whether its financial worries, loneliness, questions about housing or just a simple chat- our team, including specialist mental health staff, is here to help
- Open Monday-Saturday, 10am-6pm (last drop in 5pm) and 11am-5pm (last drop in 4pm) on Sunday (excluding bank holidays)

- **1st Floor, Whitgift Centre,**  
(Located next to Holland & Barrett store)  
**Unit 1101-1102, Croydon CR0 1UY**  
To find out more scan this QR code.



In partnership with

