



'Time to Talk Day'

**Thursday 7th February 2019
Waltham Forest Talking Therapies**

3.30pm – 4.00pm

**Douglas Eyre Sports Centre
Coppermill Lane, Walthamstow
E17 7HE**

**Mental health problems affect 1 in 4 of us, yet people are still to
reluctant to talk about it.**

'Time to Talk Day' encourages everyone to talk about mental health.

**We have invited the borough's Talking Therapies Service to tell us
about this free NHS service that can help with a range of problems,
such as depression, anxiety, stress and bereavement.**

**Join us from 3.30pm in the hall at Douglas Eyre Sports Centre to find
out more about the support they can provide, and the importance of
having conversations with family, friends and colleagues about
mental health.**

Open to all