

Mental Health Services

"Hear to Talk"

Counselling

Culturally appropriate and friendly sessions with a qualified Counsellor.

Conversation with a Mental Health Champion

Sessions with a Mental Health Champion to support you to manage your lifestyle to reduce the risk of mental health issues.

FREE

Awareness Sessions

To raise awareness of mental health issues and risk factors amongst the Asian communities.

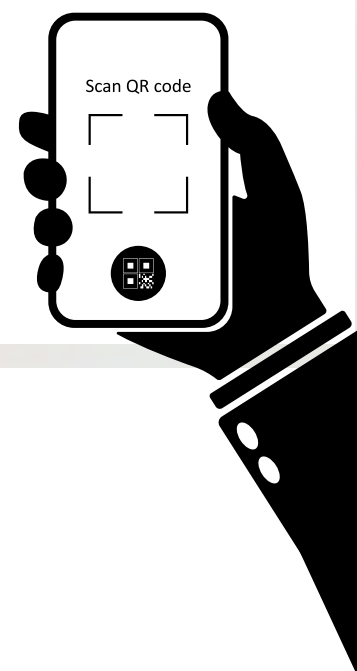
Mental Health First Aid Courses

Learn skills to identify, understand & help someone who maybe experiencing a mental health issue.

mentalhealth@arccltd.com
020 8684 3784

REFER YOURSELF ONLINE >>

www.arccltd.com/hear-to-talk



asian resource centre
croydon



Croydon
South West
London
Integrated
Care System