



Piece of Mind



Jigsaw4u supports young people affected by depression and anxiety across South West London

Jigsaw4u's Piece of Mind service provides specialised therapeutic support for 11 to 24 yearold young people with symptoms or a diagnosis of depression and/or anxiety.

Our team works on an outreach basis and meet young people in school, college or at our office. We cover the SW London Boroughs of Merton, Croydon, Sutton, Wandsworth, Kingston and Richmond.

Jigsaw4u also offer young people access to a variety of opportunities, events and positive activities to help them overcome depression and/or anxiety long-term.

For further information, or to refer, please email info@jigsaw4u.org.uk or call us at:

020 8687 1384

jigsaw4u.org.uk



Helping put the pieces
back together

