



It's good
to talk

JAMH is now offering
FREE counselling and therapy
for children and adults

This is specifically for people with increased anxiety, depression or other mental health issues due to Covid-19.

All of our counsellors are registered with a professional organisation.

"I was so anxious and distressed. With the counselling I am able to handle the lockdown. So grateful to JAMH."

"The counselling you arranged for my child has really led to a calmer home. Thank you JAMH!"

JAMH

*Jewish Action
Mental Health*

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