



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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