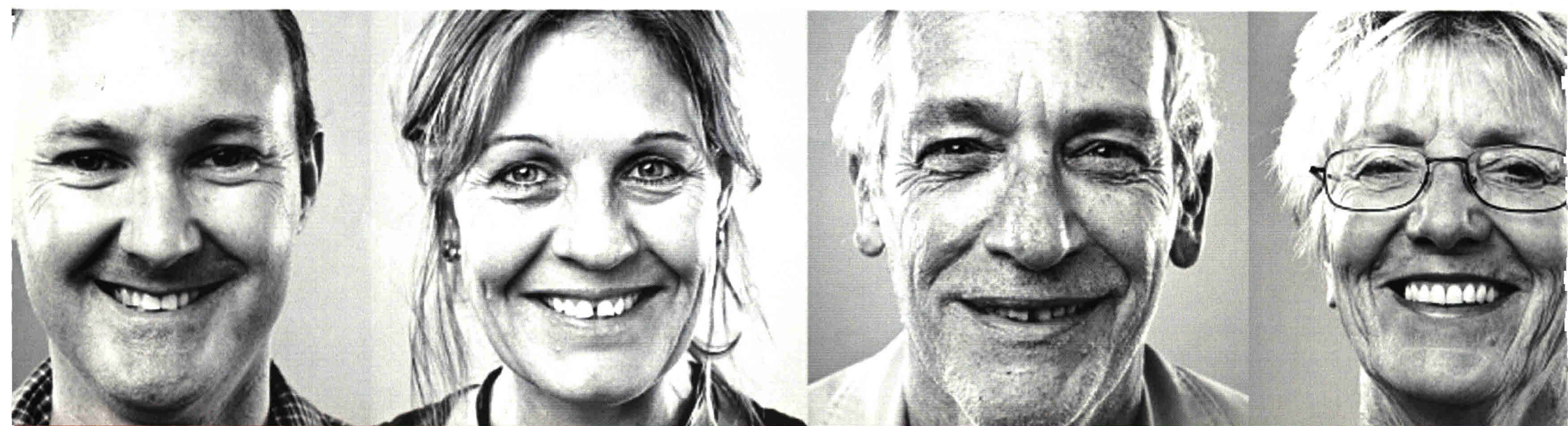


mind yourself



+ IMPROVING THE WELL-BEING OF IRISH PEOPLE LIVING IN LONDON

Can we help you?

If you identify as Irish and you're living in London, we can!
If you need support or assistance accessing healthcare, if you need information or if you need to know how to get information, contacting us is a good start.

+ FINDING WAYS TO FEEL BETTER

Call us on
020 7250 8100
or email us at
info@mind-yourself.co.uk

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