

# TASHA FOUNDATION HELPLINE

Whether you're concerned about yourself or a loved one, our confidential helpline gives YOU a safe place to talk.

The **TASHA Foundation Helpline** is an out-of-hours confidential telephone service offering emotional support and information for people affected by mental health problems.

TASHA Foundation Helpline:  
**020 8560 6601**  
*Seeking Help is a Positive Step.*

Local rate number. Calls from a mobile may vary and depends on your network provider.



**TASHA Foundation** | *Helping you to help yourself!*

Unit 14, Windmill Place Business Centre, Windmill Lane, Southall UB2 4NJ

[www.tasha-foundation.org.uk](http://www.tasha-foundation.org.uk)

