

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

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