



Are you feeling Stressed,
Anxious, Depressed or Down?

Counselling at **TASHA Foundation**
can help. We offer a **confidential**
service and a **safe place** to talk.

To arrange an appointment please contact TASHA Foundation
on **020 8571 9981** or ask your GP to refer you.



TASHA Foundation | *Helping you to help yourself!*

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

www.tasha-foundation.org.uk



TE/COU/P1A/V1.0