



Harmony House Dagenham CIC
Baden Powell Close
Off Goresbrook Road
Dagenham
Essex RM9 6XN
Reception: 020 8526 8200
Fax: 0208526 8210

Please complete and email to

healthleaflets@harmonyhousedagenham.org.uk

(Alternatively, print or photocopy, complete and fax)

Date:

REQUEST: FREE Mental Health and Emotional Well-Being leaflets (Redbridge only)

| | Quantity Maximum 10 | | Quantity Maximum 10 |
|---|----------------------------------|---|-------------------------------|
| Help is at hand- A guide to coping With bereavement booklet | | Someone you know has a mental health problem. Ready to start a conversation? Small card | |
| Time to change mental health leaflet | | Everyday Triumphs booklet | |
| Time to change A3 poster | | Time to change postcard | |
| 10 minutes to change your life, take time out booklet | | Is your mate off his game? Men's depression leaflet | |
| Coping with stress | | | |

PLEASE ALLOW 2 WEEKS FOR DELIVERY

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| Contact Name: | |
| Address: | |
| Email Address: | |
| Telephone: | |