

Celebrating World Mental Health Day 2025

Thursday 9 October 11am to 2pm
East Ham Library, 328 Barking Road, E6 2RT



Activities on the day:

- Inspirational speakers
- Interactive workshop
- Wellbeing activities
- Holistic treatments
- Provider resources
- Light lunch provided.

Information on Local Services

- Newham Talking Therapies
- Newham Carers Community
- Newham Recovery College
- Together Cafe
- Well Newham
- Autism support services and more!

