

# IMPROVE YOUR MENTAL HEALTH WITH FREE COUNSELLING FOR ASYLUM SEEKERS IN LONDON

**Groundwork London partnered with EACH  
Counselling & Support is offering free one-to-one  
holistic and culturally-sensitive counselling for  
Asylum Seekers over 18 in London.**

Sessions will be delivered face to face or remotely in a  
range of languages (English, Arabic, Pashto, Dari, Farsi).

***Travel expenses will be reimbursed.***

**IF YOU OR ANYONE YOU KNOW IS INTERESTED,  
PLEASE CONTACT ISABELLE PEREIRA:**

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**MESSAGE VIA WHATSAPP:**

07442 890 146

