

Let's Talk

Monthly
meetings



Let's Talk Event

Thursday 26 February

10.30am - 1.45pm

**Islington Council (Community Space)
222 Upper Street, London, N1 1XR**

Join Let's Talk, a friendly and relaxed session, this month exploring mental health support in Islington. Learn about help for anxiety, low mood and sleep problems, including talking therapies and support for more complex needs. You'll also hear about drug and alcohol services for anyone whose use may be affecting their wellbeing.

Contact Age UK
Islington Helpline:

020 7281 6018

letstalk@ageukislington.org.uk

**Booking
essential!**

What's happening

- **10.30am** - Arrive and enjoy refreshments
- **11am** - Welcome from Age UK Islington
- **11.05am** - Support for **Mental Health in Islington**
- An introduction into mental health support services and the NHS 10 year plan - Dal Babu, Deputy Chair, NHS North London Foundation Trust
- Psychological Therapist, Islington Talking Therapies team, NLFT
- **11.30am** - Questions & Answers
- **12pm** - Light lunch and refreshments
- **12.30pm** Drug and alcohol support - an introduction to services in Islington
- Sean Robinson, Rehabit
- Kevin Farrell, Better Lives
- **1pm** - Questions and Answers
- **1.30pm** - End of event



ISLINGTON
For a more equal future