

Thornton Heath



# OASIS Mental Health Support Drop in Session

**Come along to this drop in session to access support and advice regarding Mental Health.**

OASIS is an NHS MENTAL health service for young people and adults. Come along to receive emotional, practical and therapeutic support. On offer are tips on how to take care of yourself, interactive games for everyone to play and a chance to talk to an OASIS representative in confidence.

Oasis offer individual and family therapy, medical consultation, and practical support with issues such as housing and finances.

Their aim is to reduce the risk of difficult experiences becoming worse, and to improve people's wellbeing. They hope to help people get their lives back on track and move forward in whatever ways they consider most important and meaningful.

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**11:30 am – 1:30 pm on Tuesday 14<sup>th</sup> May**

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Free, drop-in.

For Teen and Adults

Thornton Heath Library

190 Brigstock Road

Thornton Heath

CR7 7JB

020 3700 1023

[thorntonheathlibrary@croydon.gov.uk](mailto:thorntonheathlibrary@croydon.gov.uk)