

# One to one Support in Oldham with your local Mind branch

We are all currently living in quite strange times.

What does the future hold and where can I get support?

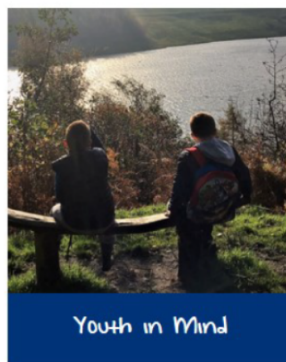
People are worried about keeping themselves and loved ones safe, feeling anxious, feeling down and depressed, feeling stressed about things.

There are things we can do to help with these feelings.

Take the first step, and contact us today on:

**0161 330 9223 or visit our website:**

[www.togmind.org/services/1-1-guided-support-active-monitoring](http://www.togmind.org/services/1-1-guided-support-active-monitoring)



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