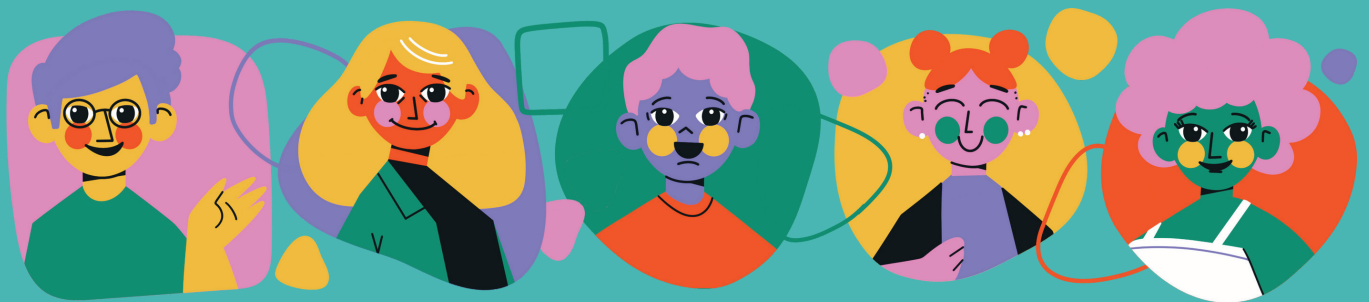




ARE YOU WORKING WITH A YOUNG PERSON STRUGGLING WITH THEIR MENTAL HEALTH?

The SIAL Project is a twelve-week group programme for young adults aged 16-25 experiencing mild to moderate mental health challenges.

CALL 0141 552 5592 TO MAKE A REFERRAL



GLASGOW ASSOCIATION FOR MENTAL HEALTH **SOCIAL ISOLATION AND LONELINESS PROJECT**

WWW.GAMH.ORG.UK



Glasgow Association for Mental Health is a charity registered in Scotland, No. SCO11684
33 Turnbull Street, St. Andrew's by the Green, Glasgow G1 5PR