



Life After Loss

Has the COVID-19 pandemic severely impacted your mental health? If you live, work or study in Enfield, we can help.

If you are suffering from any of the following:

- Have experienced a bereavement during the pandemic
- Are experiencing psychological or emotional issues as a result of the pandemic (for example related to work, relationships, financial stress)
- Have Long Covid/health issues as a result of having had Covid-19

We can offer:

- Up to 12 sessions of free counselling with Mind in Enfield and Barnet
- Fast-track access to advice from Citizens Advice Enfield, with a dedicated case-worker
- Support from Citizens Advice Enfield in accessing charity grants and emergency financial aid

Contact us today

lifeafterloss@mindeb.org.uk
0208 906 7504 (Wednesday & Thursday 9:30am-5:30pm)

Mind in Enfield and Barnet and **Citizens Advice Enfield** are partnering to provide a service supporting the community recovery from the COVID-19 crisis.