



here to help

Autism & Mental Health Drop-Ins

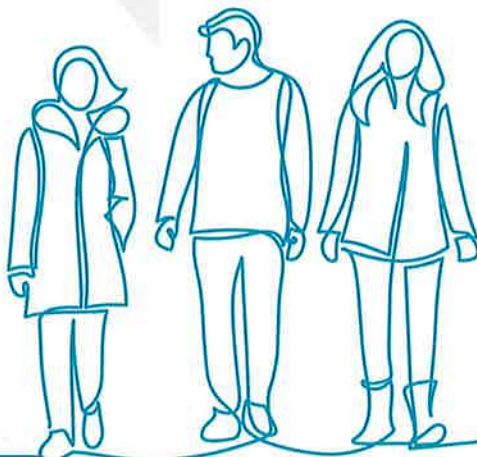
Come along if you're autistic (no formal diagnosis needed) or support someone who is autistic to receive advice and guidance from our friendly team on a range of topics from anxiety to emotional recognition.

In the drop-in sessions, there will be the opportunity to do free activities, talk to experts, and have refreshments with like-minded people.

**Every Friday
from 1pm - 3pm**



LillyAnne's Wellbeing Cafe
5 Victoria Road, Hartlepool, TS24 7SE



For more information contact Rachael and Lynn at: heretohelp@sjog.org.uk

www.sjog.uk/heretohelp

SJOG Hospitaller Services – registered charity no. 1108428

here to help @ sjog.
org.uk.

Rachael (Service
Manager)