



# Hillingdon Thrive



Your Mental Health Matters 

## Free Mental Health Support for Hillingdon Residents

Are you feeling overwhelmed, anxious, or low? You're not alone and help is just a click away.

The Thrive Framework offers free, confidential mental health support as part of Hillingdon's early intervention initiative.

Whether you're looking for self-help tools, emotional support, or someone to talk to, Thrive is here for you.

### What You'll Find on the Hillingdon Mental Health webpage:

- Huge variety of services of self-help resources
- Services offering tools to manage stress, anxiety, and low mood
  - Support tailored to your needs
  - Available 24/7, completely free

Take the first step toward better mental wellbeing.



 **Scan the QR code to get started instantly!**

