

Feeling Stressed? Overwhelmed? Need to talk?

What we do

Reach Out for Mental Health (ROFMH) provide a range of support for adults in Essex struggling with suicidal thoughts. We know that talking can be difficult at times, we also know talking can really help.

What can I expect

You can choose between coffee afternoons, led by people with their own mental health challenges, telephone befriending with a trained volunteer or free counselling for up to 12 weeks with a trainee Counsellor.

How do I get started

Just contact us- our details are below. We can give you a bit more information about us, how we work and how best we can support you.

How you can get hold of us

Call or text us on 07308 069 609

Email us at info@reachoutfmh.co.uk

You can reach us by phone, text or email. We are NOT an emergency service so if we can't get to you straight away leave a message and we'll call you for a chat as soon as we can. Our service operates Monday-Friday 11am-7pm.



REACH OUT

For Mental Health