

Mind in Tower Hamlets and Newham are making

Temporary changes to our services

- We will be offering phone based support
- Groups will be on hold but we are offering alternative support options
- If you have a meeting booked with a member of staff you will be contacted to discuss this
- Please contact us for more information



The Coronavirus (COVID-19) is a new illness that can affect your lungs and airways. It's caused by a virus called coronavirus. For vulnerable people or those with pre-existing medical conditions, coronavirus can result in significant illness. Therefore, we will be following the social distancing guidelines set by GOV.UK

Social distancing measures are steps you can take to reduce the social interaction between people.

Mind in Tower Hamlets and Newham have made significant changes to services to ensure that we are taking preventative measures.

This will help reduce the transmission of coronavirus (COVID-19)



COVID-19: guidance on social distancing and for vulnerable people

Guidance on social distancing for everyone in the UK and protecting older people and vulnerable people.

GOV.UK

T: 020 7510 1081
E: info@mithn.org.uk
W: www.mithn.org.uk



in Tower Hamlets
and Newham