

FREE

Tilbury 4
Wellbeing



Is your mental health affecting your ability to work? We can help.



We can offer free:

- Training and support on self-managing symptoms
- 1:1 mentoring sessions
- Help to access other services
- Activities to help you improve your mental health

Scan QR code to receive a callback or
call us on 01375 485846, e: info@tacc.ac.uk
www.thurrockopportunities.co.uk/tilbury-clld/



Mild to moderate mental health conditions are common and may include depression, anxiety, OCD, insomnia, body dysmorphia, PTSD and some phobias.

This project is part-funded by the ESIF and forms part of the Tilbury CLLD Programme. Project design by Thurrock Adult Community College, delivered in partnership with Inclusion Recovery College Thurrock and Thurrock Council's Public Health Team. Activities will be delivered in line with current Public Health guidelines.

Eligibility check: Currently not in employment, resident in Tilbury St Chads/Riverside or Thurrock Park wards, the right to work in the UK and aged 19 or over. If you are not eligible, there are other free projects we can signpost you to.