



For better
mental health

Mind in Enfield

in partnership with

TCM Healthcare

are offering

Complementary therapies

Are you experiencing mental health difficulties?

Do you suffer from stress, depression, tiredness, headaches, anxiety or insomnia?

Complementary therapies may help

- ★ **Acupuncture**
- ★ **Tui-na (Chinese medical massage)**

by a fully qualified and experienced complementary therapist

at these venues:

- ★ Scotts Pharmacy, 97-99 Silver Street, Edmonton, N18 1RP
- ★ MIND in Tower Hamlets 13 Whitethorn Street London E3 4DA
- ★ Chinese Mental Health Association 155 Curtain Road London EC2A 3QY

A minimum donation is requested for a session of 40 minutes
To book your appointment or discuss further, please call
0207 096 0283.

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