

Free Drop-In Mental Health Support

The Matthew Hackney 
Foundation

Need someone to talk to? We're here to listen

Advice, guidance and support to help you access the right support
These are not counselling sessions, but a chance to talk things through

You don't have to be in crisis to come along

Byfleet Library

18th April, 10 am–12 pm

16th May, 10 am–12 pm

**More to follow in June, July,
September and November**

**Just drop in – no
referral needed**



www.themathewhackneyfoundation.co.uk

Supporting children, Young people and their families with their mental health

Registered charity number 1208669

**Come & have a
chat**

Confidential & non-judgemental

No appointment needed

Friendly, qualified counsellors

Everyone is welcome