

# Feeling down, anxious or worried?

## Help is available

- 🗨️ Speak to your GP
- 🖱️ Visit [icope.nhs.uk](https://www.icope.nhs.uk)
- ☎️ Call iCope **020 3317 6670**

You can also visit [camden.gov.uk/mental-health](https://www.camden.gov.uk/mental-health)  
or call **020 7974 4444 (option 9)**.



Scan for more information