

CAN YOU SPOT THE SIGNS OF A CREATIVE FRIEND STRUGGLING WITH MENTAL HEALTH?



Stressing before a tight deadline



Hostility or snappy comments



Drinking more than usual



Saying they aren't as good as colleagues



Constantly snacking or missing meals altogether



Obsessing about bad feedback on a project



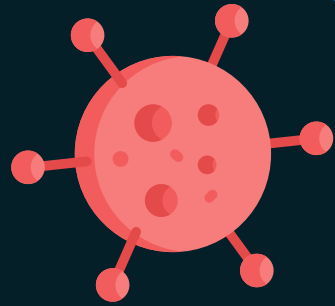
Yawning or always tired



Money worries, especially from unpaid or pro bono work



Not hanging out like normal



Frequent colds or bad skin

THE HAVEN + LONDON IS HERE TO HELP

The Haven + London is a pioneering creative community founded by the inspirational Revd. Peterson Feital. We're here for creative people at all stages of their careers with the support, resilience and love they need to realise their potential.

Started in 2016, we've provided mental health and emotional support to over 2000 creatives and 1-2-1 counselling to nearly 400 people in need.

2000
people helped using **counselling** since 2016

Safe place to talk and express yourself

Qualified counsellors able to refer to psychiatric care

We provide spiritual care yet 49% are non-Christian & 38% are not religious

Events, social gatherings and workshops

Learn skills and techniques to manage personal challenges

We are diverse. We are LGBTQIA inclusive and open to all

“ I'm more at a peace now. Despite years of counselling the services I found with The Haven finally enabled me to truly confront my fears. ”



50 years old, Media PR

We're here to help
www.thehavenlondon.com
THE HAVEN + LONDON



Urgent Appeal

We urgently need funding to increase the size of our operations and support staff and to kit out a small office in central London where our team can be based.

JustGiving To donate, please visit...

www.justgiving.com/campaign/thehavenlondon