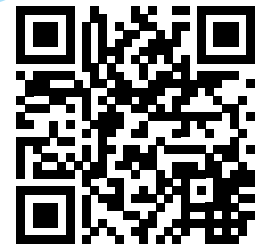


Ma dareemaysaa murugo, niyad-jab ama walaac?

Caawinaad ayaa la heli karaa

- 🗨️ La hadal GP-gaaga
- 📍 Booqo [icope.nhs.uk](https://www.icope.nhs.uk)
- ☎️ Wac iCope **020 3317 6670**

Waxaad sidoo kale booqon kartaa [camden.gov.uk/
mental-health](https://www.camden.gov.uk/mental-health) ama wac **020 7974 4444 (xulasho 9)**.



Iskaan gareey
si aad u hesho
macluumaad
dheeraad ah