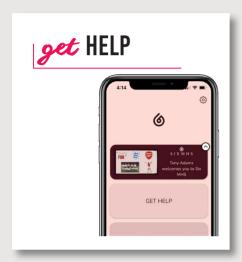
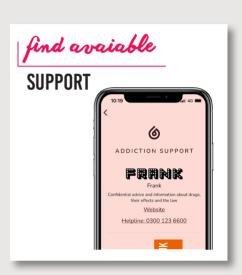
ADDICTIONS SIX MENTAL HEALTH SOLUTIONS

DOWNLOAD THE SIX MHS APP





deep dive SIX MHS SERVICES









READINGS THOUGHT FOR THE DAY 12 January ACCEPTING OUR PRESENT CIRCUMSTANCES Our very first problem is to accept our present circumstances as they are, ourselves as we are, and the people about us at they are. Ourselved have no genular inseed to return to that unflatering point of departure. This is an exercise in acceptance that we can profitably practice every age of our lives. Provided we strenously avoid turning these malastic surveys of the facts of life into unrealistic.





we are here to HELP

If you are concerned about your addiction and would like to talk to us about your options, please give us a call. 0800 8807373 Or send us a message at: helpline@sixmhs.com