

# ADDICTION

SIX MENTAL HEALTH SOLUTIONS

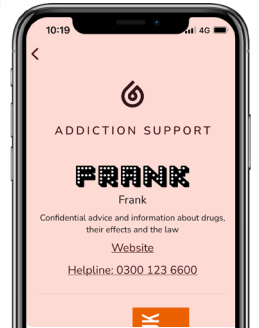
## DOWNLOAD THE SIX MHS APP

*get* HELP



*find available*

SUPPORT

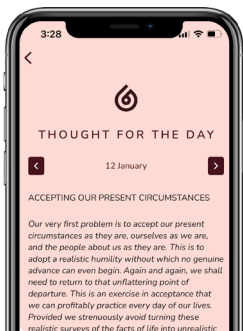


*deep dive* SIX MHS SERVICES



*get daily wellbeing*

READINGS



*find a support* MEETING



*find a meditation*

RETREAT



*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. **07723 866627** Or send us a message at: [helpline@sixmhs.com](mailto:helpline@sixmhs.com)