

# FREE ISLAMIC COUNSELLING

The Lateef Project is now working with East London NHS Foundation Trust and Compass Wellbeing to provide free Islamic Counselling. This service is for people who are struggling with common mental health problems and live within the boroughs of Newham, Tower Hamlets and Hackney. Our accredited counsellors are fully qualified and competent to work with anxiety, depression, trauma and PTSD as well as concerns like bereavement, stress, relationship problems and domestic abuse.

*We provide counselling in English, Bangla, Sylheti, Urdu, Punjabi, and Turkish. Contact us directly via:*

**Email:** [info@lateefproject.org](mailto:info@lateefproject.org)

**Phone:** 07309 912 112, 07305 042 456

**To self-refer directly via our website:**

<https://www.lateefproject.org/get-support>

