

Richmond Road Celebrate Mental Health Awareness Week

As part of Mental Health awareness week, Richmond Road Medical Centre opened its doors to the public, with an event aimed at encouraging people to think more about their own mental health.

Friendly and welcoming staffs from a variety of local organisations were on hand for locals to pop in to talk to and learn more about the range of support options in the area.

Dr Gopal Mehta, who organised the event said: 'The number of patients affected by issues such as low mood, stress and anxiety is growing within the borough and we were keen to explore different ways we could help our patients. There are so many more treatment options other than just counselling and prescribing medications; exercise and cooking classes, befriending services, yoga, mindfulness and more!'

A patient told us: 'I have learnt so much today about new services I could access which I had no idea were available. We need more events like this!' Healthwatch Hackney who also attended said they hoped the event would be a good example for other medical centres in Hackney to improve awareness on mental health and other illnesses.



Richmond Road Medical Centre GPs at the event - from left to right: Dr Suresh Tibrewal, Dr Gopal Mehta and Dr Sarika Tibrewal

