

Okoyoka mawa, motema nase tō duku-duku?

Lisalisi ezali

-  Solola na monganga GP nayo
-  Visité [icope.nhs.uk](https://www.icope.nhs.uk)
-  Benga iCope **020 3317 6670**

Okoki pe kowitzé [camden.gov.uk/mental-health](https://www.camden.gov.uk/mental-health)
tō benga **020 7974 4444 (option 9)**.



Scané pona
nsango ya
kobakisa