

# UPSKILL REACH

## Make Some Positive Changes in Your Life!

Promoting inclusion and diversity, with support to access mental health and well-being opportunities, across Tower Hamlets' diverse communities.

How To Start?  
Where To Go?  
Who To Ask?

Upskill empowers and supports people who have been affected by emotional or mental health issues to move towards better health, well-being and sense of community.



**working**well  
trust

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