



Find A Voice

Would you like the opportunity to share your story on Mental Health and recovery, an opportunity to share your challenges, to raise awareness on Mental Health and give insight on matters that have affected you personally?

Please get in touch with Roo at

GetTheMessageGTM@Gmail.com

‘Mind Your Head’ is a dedicated radio programme on Mental Health, sharing stories of lived experience, talking to professionals and support services around Wandsworth Borough, discussing project initiatives, highlighting challenges and stigma.

Every Tuesday’s between 9-10pm on Wandsworth Radio



Get The Message