



ITS OK NOT TO BE OK



If you would like to talk in confidence to our

Mental Health First Aiders please call 01744 815 435 and ask to

speak with Lucy Ball or Conner Dakin.

Don't wait until you can't cope before you seek help. For good days, bad days and all the in-between days, there are lots of free organisations you can turn to for support. These organisations all provide free, confidential and impartial support and guidance.









0203 510 5018

0345 605 1956

0300 123 393

116 123









TXT 85258

0345 605 1956

Hubofhope.co.uk

0800 58 58 58