

HEENEY CIVILS LIMITED



**ITS OK
NOT TO BE OK**



**If you would like to talk in confidence to our
Mental Health First Aider please call 01744 815 435 and ask to
speak with 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