

TIME TO TALK:

- Being open to talking about your wellbeing can help you cope with problems;
- Stay in touch with someone who listens to you;
- Catch up with someone you think may need some support;
- Do not be afraid to reach out for help, or to offer help to others;
- Try to eat healthy, drink sensibly and try to keep active - regular exercise has many health benefits;
- Give yourself a break, take some time out once in a while and relax.

SUPPORT HELPLINES:

- **Samaritans:** Whatever you're going through, a Samaritan will face it with you.
Phone: 116 123 (free 24-hour helpline) Website: www.samaritans.org.uk
- **CALM:** the Campaign Against Living Miserably, A charity with a mental health helpline & webchat.
Phone: 0800 58 58 58 (daily, 5pm to midnight) Website: www.thecalmzone.net
- **Mind:** Providing advice & support to empower anyone experiencing a mental health problem.
Phone: 0300 123 3393 (Monday to Friday, 9am to 6pm) Website: www.mind.org.uk

**YOUR HEALTH AND WELLBEING ARE IMPORTANT,
LOOK AFTER YOURSELF AND LOOK OUT FOR OTHERS!**

www.gssh.co.uk

