YOU ARE NOT ALONE

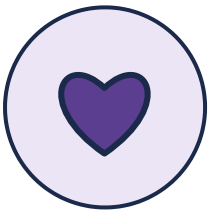
Struggling? Talk to someone.

It's OK not to be OK.



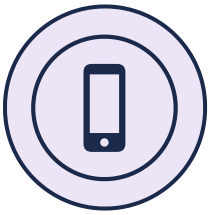
Reach out.

Talk to a friend, family member, colleague or manager you trust.



Be kind to yourself.

Rest, eat well and do something you enjoy.



Speak to your GP.

They can talk through how you feel and the support available.



Check in on others.

Ask twice: "How are you, really?"

At work you can talk to:

_____

_____

Samaritans: call free on 116 123, day or night. In an emergency call 999.

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