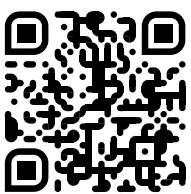




LET'S KEEP TALKING

You may
be feeling
anxious and
overwhelmed.

Take regular
breaks from
social media
and call your
friends.



If you need support

CALL: Samaritans **116 123** to talk to someone 24/7

TEXT: 'SHOUT' to **85258** for free support 24/7

SCAN: the QR code for mental health crisis lines

VISIT: www.happyoksad.org.uk for details of
mental health and wellbeing services

KIND 
TO
YOUR **MIND**

Brought to you by your local council and
the NHS in Cheshire and Merseyside