

Taking care of our mental health is not always easy. We might be worried or anxious and not always sure what we can do or who we can talk to.

We have put together a range of flyers for you to download for free from our website. They include well-being tips as well as helpline information.

You can share them on social media, e-mail them or print and display them around your workplace.

Let everyone know it is OK to talk about mental health.

Let's start that conversation.

www.mindinharrow.org.uk









CONTACT US

for mental health support

020 8426 0929







What we eat may affect how we feel. A diet that is good for your physical health is also good for your mental health.



www.mindinharrow.org.uk

For better mental health





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helpline
020 8426 0929













Enjoying yourself can help beat stress. Do an activity you love to improve your mood.



www.mindinharrow.org.uk

For better mental health













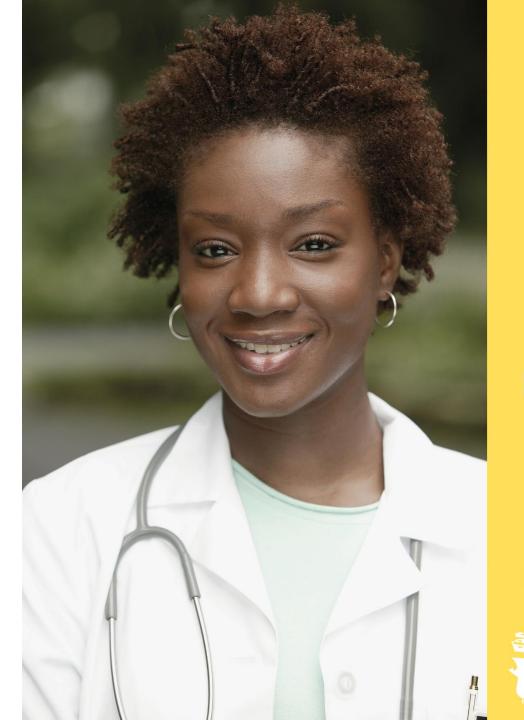












It's okay to ask for professional help if you feel that you are struggling to manage on your own. It is important to get help as soon as possible so you can begin to get better.



For better mental health



UK helplines for emotional support on weekends and after hours



Samaritans: 116 123

Free day and night 365 days a year

CALM 0800585858

5pm to midnight, 365 days a year

SANEline 0300 304 7000

> (4.30pm-10.30pm every day)

The Mix on 0808 808 4994 (Sun-Fri 2pm-11pm, for Under 25s)



in Harrow

SHOUT crisis text line Text 85258 to get 24/7 help