



Support to help you build your resilience.

For information and support resources visit:

The NHS have some helpful guides to mindfulness:

www.nhs.uk/conditions/stress-anxiety-depression/mindfulness/

or

www.mind.org.uk

Mind Infoline – Call 0300 123 3393

Lines are open 9am to 6pm, Monday to Friday

(except for bank holidays)

Feeling depressed or anxious?

Speak to your GP and tell them how you're feeling – they'll be happy to give you advice on how you can cope better.