

32% of people  
wait more than  
a year to seek  
help for their  
mental health\*



# It's always ok to ask for help

even if you're not sure what's wrong

Scan the below QR code or go to [inspirewellbeing.org](https://inspirewellbeing.org)  
for information on the services we provide.



Call: 028 9032 8474  
Email: [hello@inspirewellbeing.org](mailto:hello@inspirewellbeing.org)



\*Mind Infoline Survey, July 2020. Inspire is open 9am to 5pm, Monday to Friday (except Bank Holidays). Calls charged at local rates, charges from mobile telephones vary considerably. If you need to speak to someone urgently or require a listening or crisis service, please seek support at [inspirewellbeing.org/directory-links](https://inspirewellbeing.org/directory-links). Inspire Wellbeing is a registered charity in NI no. 103470.