

Are things getting too much?



If you have the right support around you, the ups and downs of life can be more manageable. That's why Co-op are working with charities Mind, SAMH & Inspire to bring communities together to improve mental wellbeing.

For information and support contact Mind on **0300 123 3393***
(lines open 9am to 6pm, Monday to Friday)
Text: **86463**, Email: **info@mind.org.uk** or visit **mind.org.uk**

working in partnership with:



*Phone calls from UK landlines are charged at local rates. Charges from mobile telephones vary considerably. The charge for your call will depend on your mobile phone provider and the contract that you have with them. Mind does not get any money from telephone calls.

For 24/7 support call Samaritans on 116 123 or email jo@samaritans.org. This number is free to call from both landlines and mobiles, including pay-as-you-go mobiles. You do not need to have any credit or call allowance on your plan to call 116 123.

Mind is a registered charity in England & Wales no. 219830. SAMH (Scottish Association for Mental Health) is a registered charity in Scotland no. SC008897. Inspire Wellbeing is a registered charity in NI no. 103470.