

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 Inspire, Mind and SAMH to bring communities together to improve mental wellbeing.

For information and support contact Inspire on **028 9032 8474***
(lines open 9am to 5pm, Monday to Friday. Closed bank holidays)
or visit **inspirewellbeing.org**

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. Inspire does not get any money from telephone calls.

Those experiencing distress or despair should call Lifeline 0808 808 8000.
Lifeline counsellors are available 24 hours a day, seven days a week to listen and help, in confidence.

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.