



Health and Social Care



If you or someone you know is in distress or despair call Lifeline and speak to a counsellor immediately.

HOPE through ACTION

Together we can Create Hope...

Your community group can create hope through action by:

- ▶ Creating a public living room
- ▶ Organising a coffee and connect
- ▶ Liking and sharing our social media posts

You can create hope through action by:

- ▶ Promoting positive wellbeing for yourself or others

For further detailed information on how get involved visit:

▶ www.mindingyourhead.info



Regional Mental Health & Emotional Wellbeing

Campaign 2022
10 Sept-10 Oct