

CALM YOUR MIND

BEING MADE REDUNDANT WAS GUT- WRENCHING. I WORRIED ABOUT HOW I'D SUPPORT MY FAMILY

If you're feeling the same — you're not alone. There is support, and there is hope. Take control and get back to a better place. For practical hints and tips on what you can do to get back to a better place visit calmyourmind.co.uk.



Scan the QR code with your camera or visit
calmyourmind.co.uk