

CALM YOUR MIND

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

You are 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.



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calmyourmind.co.uk