



## How do I know when it's time to get help? I'm...

- Worrying more than usual
- Overwhelmed with what I'm feeling
- Sleeping less
- Feeling angrier with the world
- Finding it harder to enjoy life
- Exhausted from the pandemic
- Feeling like I'm worse at my job

Things don't have to be at crisis point before you get support for how you're feeling. Support is there for when **you** need it. At whatever point that might be.

Find information and support at  
**[mind.org.uk/blue-light-information](https://mind.org.uk/blue-light-information)**

