



**Members of the police have been through so much during the pandemic. With so many people struggling, it can be easy to think your issue isn't serious enough to need help. Support is there for when you need it.**

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



“When the pandemic began, things changed. This had a big impact on my mental health – just not having that connection with others affected me.”  
**Kiwi, police officer**