



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

Search and rescue staff and volunteers 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.

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

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