We’re all human: mental health problems can affect anyone.

Don’t bottle it up: talk to someone you trust - or call the Blue Light Infoline: 0300 303 5999 or text 84999.

Value yourself: recognise when things go well and the times you’ve made a difference.

Connect with others: just two minutes is enough for a chat or a text.

Find out who can help: what wellbeing support is available near you?

mind.org.uk/bluelight
@MindBlueLight
#mybluelight

Registered charity in England (no. 219830)