



# DON'T WAIT UNTIL IT GETS WORSE



IT'S EASY TO NEGLECT  
OUR MENTAL HEALTH...

REACH OUT AND TALK  
TO US

FOR FREE, CONFIDENTIAL  
SUPPORT WHEN YOU NEED IT

Find support here: 



Text **BURNTCHEF** to **85258 (UK)**



Call **0800 085 1376 (UK)**  
**+44 (0)20 7938 0963 (Global)**



**burntchef@cicwellbeing.com**



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# IT CAN'T BE THAT BAD

EVER WONDER  
WHY PEOPLE LIVING  
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SUFFER IN SILENCE?

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# FOOD FOR THOUGHT?



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“**BUT I’M  
FIT AND  
HEALTHY**”

WE AIM TO MAINTAIN  
OUR PHYSICAL HEALTH  
BUT WE SOMETIMES  
NEGLECT OUR MENTAL  
HEALTH... REACH OUT  
AND TALK TO US

Find support here: 

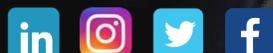
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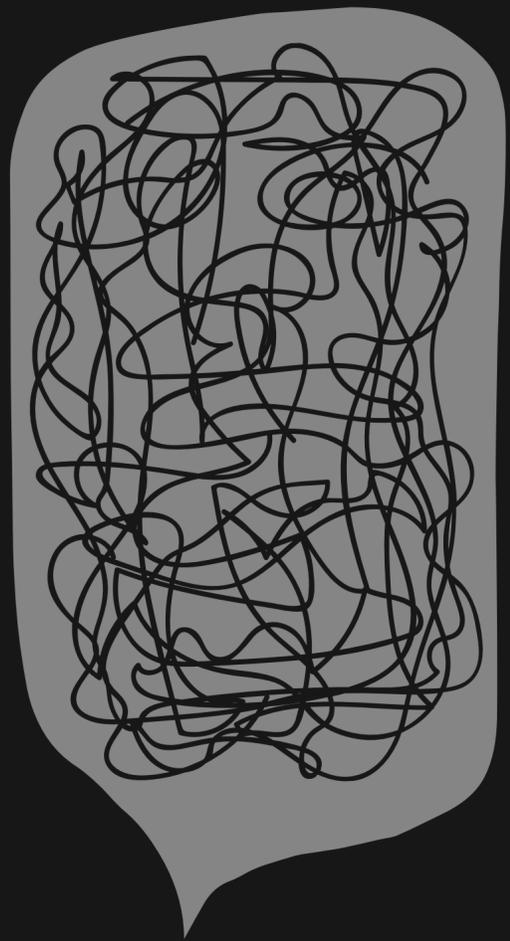
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**“IT'S  
REALLY  
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STOP THE STIGMA.  
LET'S TALK ABOUT  
MENTAL HEALTH.

TEXT **BURNTCHEF** TO **85258**



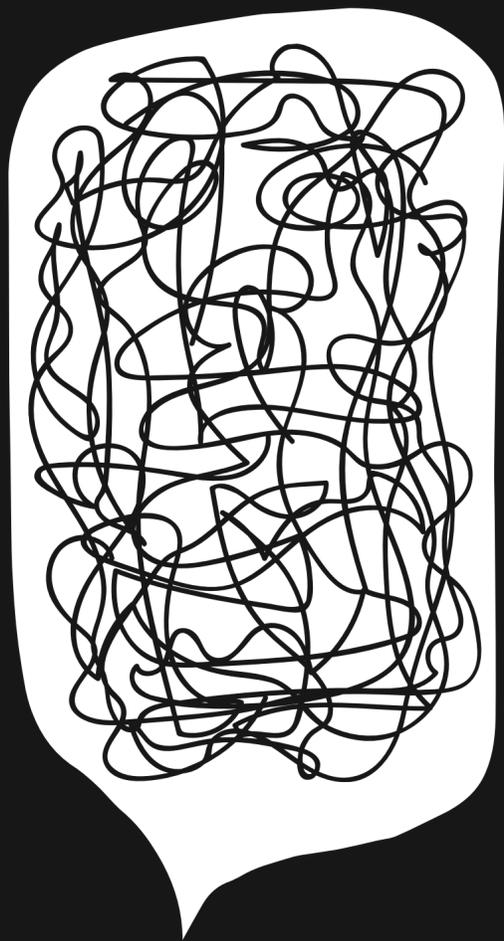


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