

Mental health and wellbeing support tailored to you



We all experience day-to-day challenges which can result to increased stress, eating more, sleeping less, drinking excess alcohol, lacking motivation or even having thoughts of suicide.

On our **Kind to Your Mind** website, you will find a range of useful resources to help you through. If you are looking for tips, services, advice, apps or even online courses to help with your mental wellbeing – there is something on the website for you.

Explore our collection of wellbeing tools designed to help you be kind to your mind today.

On the website you will find...

- Resources
- Personalised support plans
- Support services in your area
- Information

Visit
www.kindtoyourmind.org
to find out more

