

THERE IS HELP OUT THERE. YOU'RE **NOT** ALONE.



Samaritans - 116 123  
NHS - 999  
Mind - 0300 123 3393  
CALM - 0800 58 58 58

More resources available on the website.



**SECURITY MINDS MATTER**  
IT'S OK **NOT** TO BE OK

Your

Logo

Here



@securitymindsmatter  
#securitymindsmatter

More information available at...

[www.securitymindsmatter.org](http://www.securitymindsmatter.org)



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IT'S OK **NOT** TO BE OK