

Each Mind Matters

THIS POSTER WAS KINDLY SUPPORTED BY:

D.O.C Event Medical Services

We are a Leicestershire based event medical company. Our team has over 50 years of combined experience, working on various kinds of events all over the UK



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LEICESTER

www.doceventmedicalservices.co.uk

1 in 4
People will experience mental health problems of some kind each year

5 Warning Signs of Mental Illness

- Long-lasting sadness or irritability.
- Extremely high and low moods.
- Excessive fear, worry, or anxiety.
- Social withdrawal.
- Dramatic changes in eating or sleeping habits.

1 in 10
Children aged 5-15 has a mental health disorder

HELP AND SUPPORT

MIND
Phone: 0300 123 3393
Website: www.mind.org.uk

CALM
Phone: 0800 58 58 58
Website: www.thecalmzone.net

AWARE
Website: www.aware-ni.org

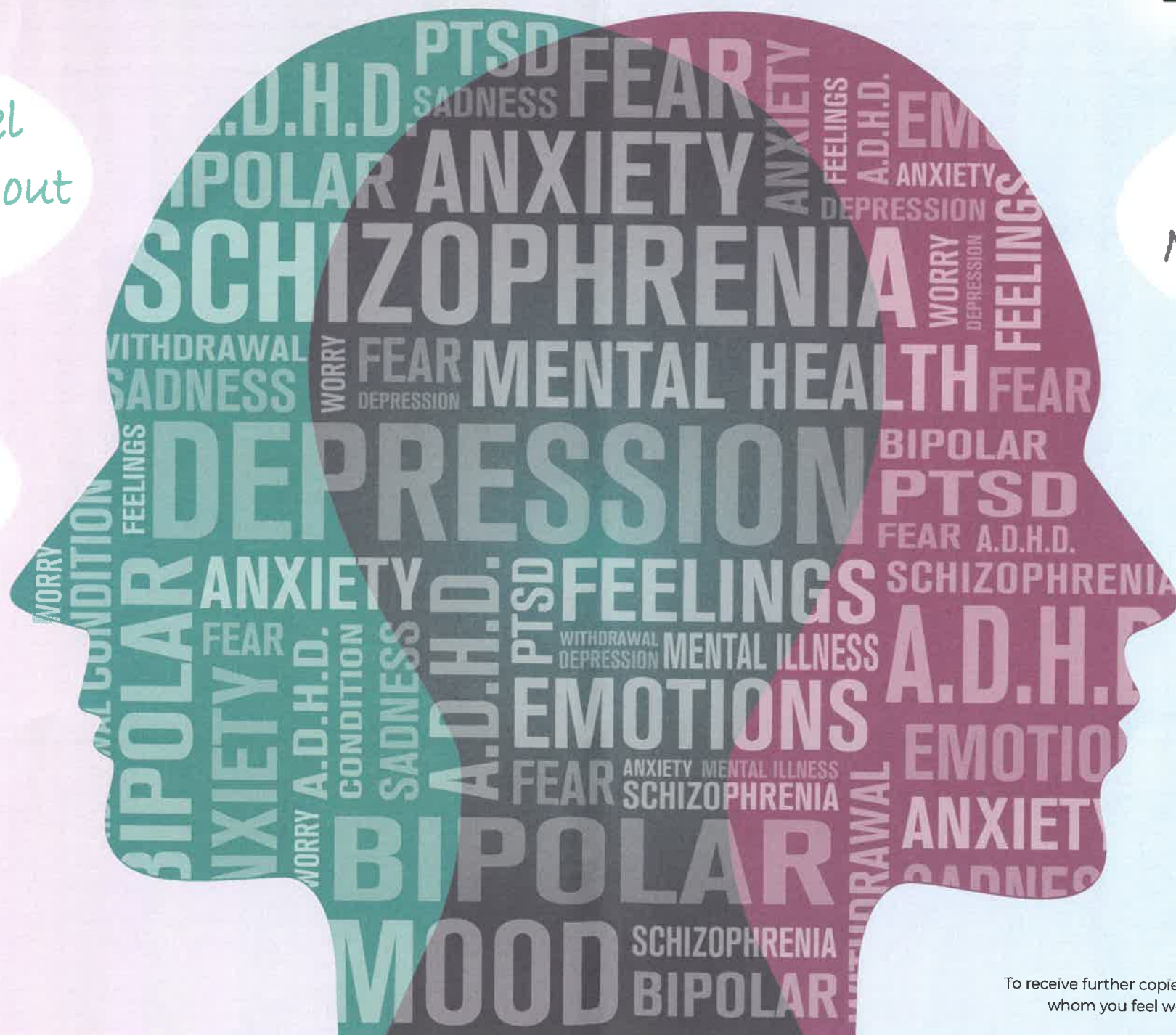
NO PANIC
Phone: 0844 967 4848
Website: www.nopanic.org.uk

SAMH
Website: www.samh.org.uk

RETHINK MENTAL ILLNESS
Phone: 0300 5000 927
Website: www.rethink.org

YOUNG MINDS
Phone: Parents' helpline 0808 802 5544
Website: www.youngminds.org.uk

TIME TO CHANGE
Website: www.timechangewales.org.uk



No One Should Feel Ashamed To Talk About Mental Health

It's OK To Ask For Help

Identify The Positives

Find Things That Make You Feel Calm

You Are Not In This Alone

It's OK Not To Be OK