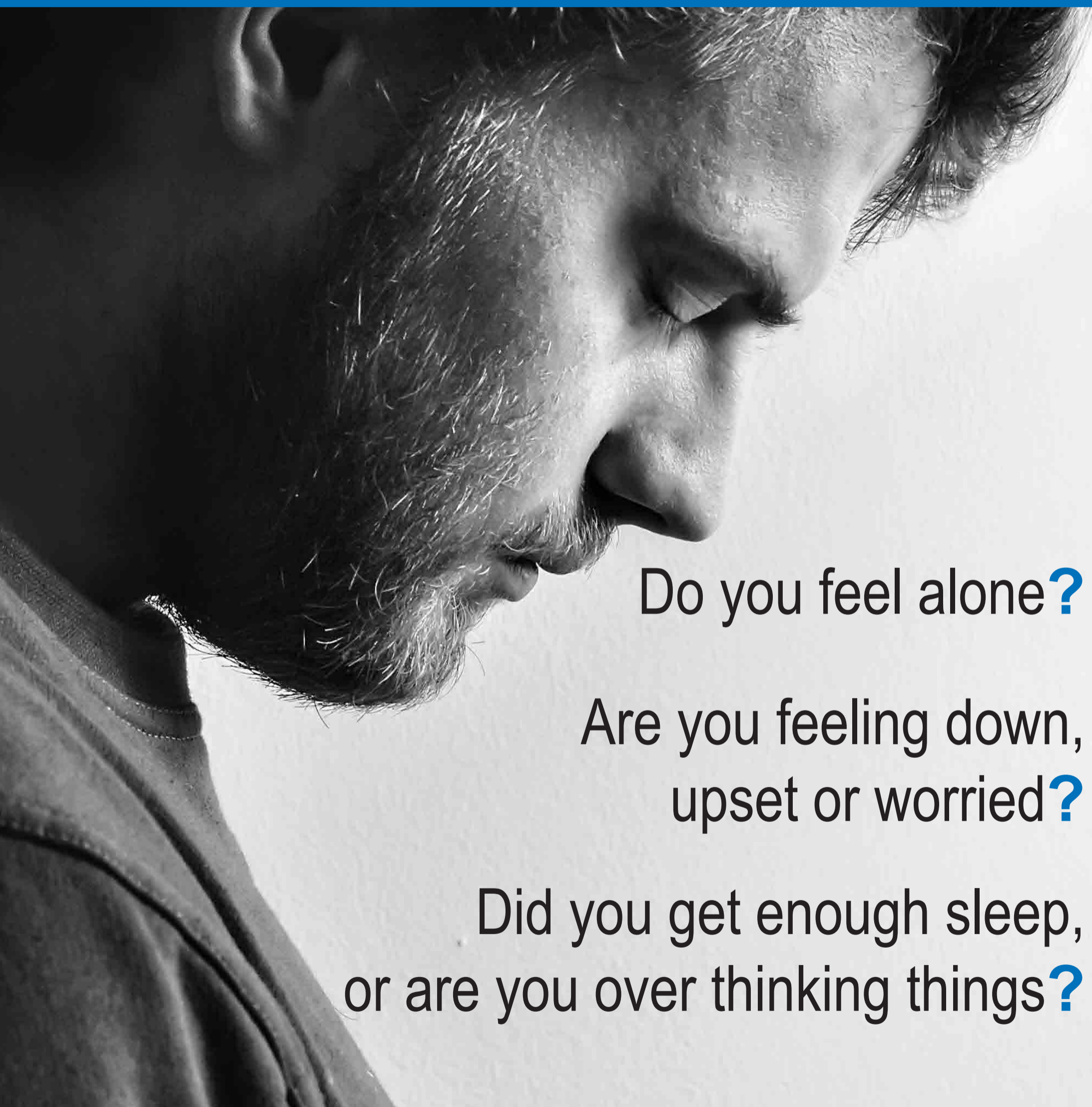


Mental health self help and support



Northumberland,
Tyne and Wear
NHS Foundation Trust



Do you feel alone?

Are you feeling down,
upset or worried?

Did you get enough sleep,
or are you over thinking things?

www.ntw.nhs.uk/selfhelp