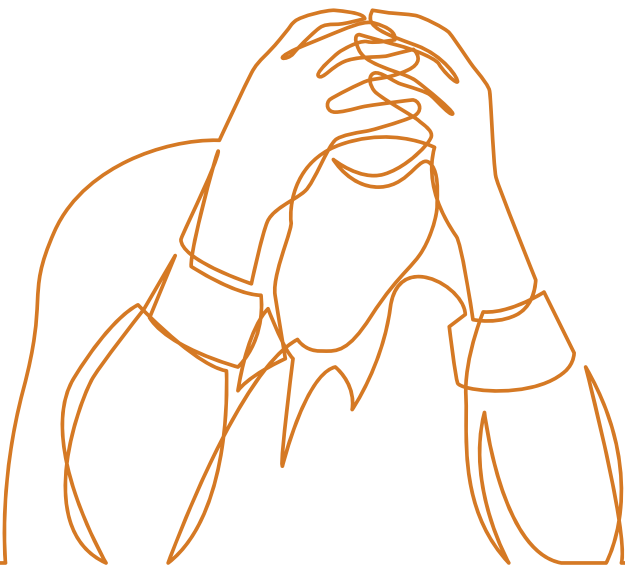


FEELING ANXIOUS?

Don't struggle.

Contact your local GP reception and ask for the

- listening service to talk about your concerns or worries
- social prescriber to help you access local sources of support
- mental health and wellbeing peer worker



Visit www.angushscp.scot/mhwellbeing/ for further information or call these **FREE** helplines:

Samaritans **116123**

Breathing Space **0800 838 587**

Silverline (if over 55 yrs old) **0800 470 8090**

Angus Suicide Prevention & Support Service **0800 135 7899**

Childline **08001111**