

International Stress Awareness Week

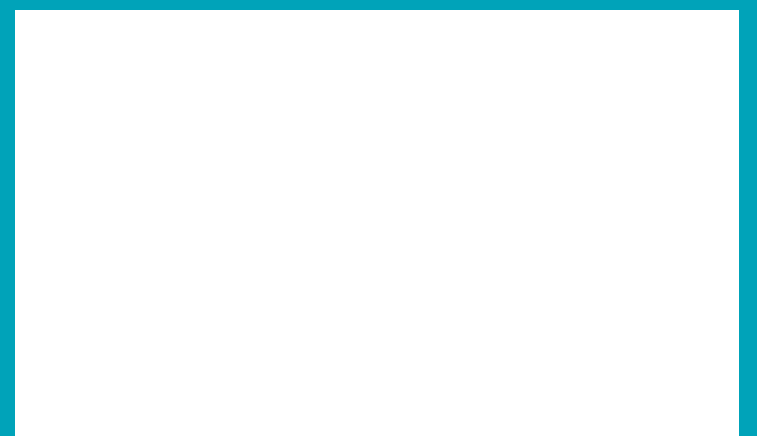


You are not alone:

Call the Samaritans: 116 123

Text "BEAMATE" to 85258

Speak to your colleague:



**Be a mate
Be the change**

www.matesinmind.org

Find out more:

