

ARMY WELFARE SERVICE HERE TO SUPPORT YOU

MENTAL HEALTH AWARENESS WEEK 2020

Looking after yourself has never been more important. Being kind to yourself and others is the first step to positive Mental Health. Taking care of **YOU** makes for a more effective Soldier who is Ready, Resilient and Responsive to your individual and professional needs.



TALK ABOUT
YOUR FEELINGS



KEEP IN TOUCH

Sources of Support

[Ask for help](#)

[Mental Resilience](#)

[COVID-19 MH](#)

[Every mind matters](#)

[HeadFit](#)

Army Welfare Service

[Intake & Assessment Team](#)

☎ 01904 882053



KEEP ACTIVE



EAT & DRINK
HEALTHILY

