



*Supporting emotional and mental wellbeing in Tamworth*

# You are not alone, We can help

If you are going through a hard time, or if you are worried about someone you know, you are not alone, please come and visit us to see how local support services can help.

**Come along and say hello!**

**6th September (10am – 4pm)**

**You can find us in St. Editha's Square**