



# Foundation



## Mental Health Awareness

Mental health is something that we all have, sometimes it is more positive and sometimes it is more negative.

Different things can affect our mental health such as;



Work



Unemployment



Relationships



Family



Bereavement



Health



Loneliness

**Having poor mental health is very common and something that we shouldn't be ashamed of.**

If you are struggling with your mental health the below organisations can help:

- Samaritans – 24/7 support - Call 116 123 – [jo@samaritans.org](mailto:jo@samaritans.org)
- SHOUT - 24/7 support – Text 85258

**MOLINEUX FILLED  
WITH 31,700  
FOOTY FANS –  
7,925 MAY NEED A  
HELPING HAND.**



**1 IN 4 OF US WILL  
EXPERIENCE A  
MENTAL HEALTH  
ISSUE AT SOME POINT  
IN OUR LIFETIME**

