Mental health problems can affect anyone of any age and background. The good news is that most people can recover and find ways of managing their problems whilst leading normal active lives. At work or at home people with mental health issues should seek assistance from a mental health specialist. Employers may have access to counsellors but you can always get good advice from your Doctor. For further advice and support, you can also contact the helplines listed below:

**Dealing With Depression**
Support network for people with depression
- [www.dealingwithdepression.co.uk](http://www.dealingwithdepression.co.uk)

**MIND**
Expert advice on mental health issues
- [www.mind.org.uk](http://www.mind.org.uk)

**SUPPORT LINE**
Helpline offering advice on mental health and other issues
- [www.supportline.org.uk](http://www.supportline.org.uk)
- info@supportline.org.uk
- 01708 765200

If you are drinking, smoking or eating more, you may be at risk of developing mental health issues.

Do you feel stressed and anxious about this becoming something worse?

**CWU**
The communications union

**CWU** 150 The Broadway, Wimbledon, London SW19 1RX
[www.cwu.org](http://www.cwu.org)
T: 020 8971 7200 General Secretary: Dave Ward