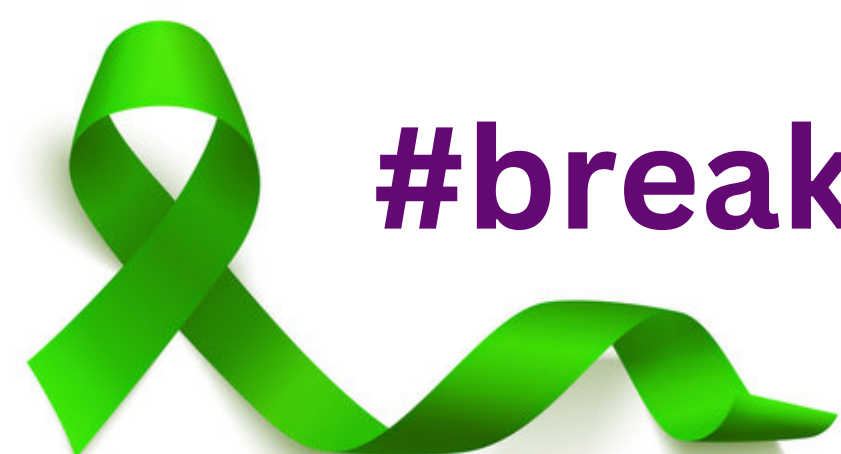


# MENTAL HEALTH SUPPORT

*Need to talk?*



**#breakthestigma**

No need to login,  
just scan for help



- ◆ Health Assured: Employee Assistance Programme
- ◆ Employee Mental Health First Aiders
- ◆ Helplines & Charities for Everyone