

*take-30*

AND LET'S TALK

Not quite 100% but can't quite put your finger on what is wrong? In need of a break but not able to switch off?

You don't need to wait until you feel overwhelmed; talking things through can help to let off steam and release that build-up of pressure.

It may feel small and insignificant at first but locking your feelings away can lead to feelings of being overwhelmed and out of control.

# DON'T JUST STRUGGLE ON

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**HAVE A FRIENDLY CONFIDENTIAL  
CONVERSATION WITH A TRAINED MENTOR**

More info at [www.lincslmc.co.uk](http://www.lincslmc.co.uk)

Open to receive enquiries between 10am and 4pm Mon-Fri

\*This is not an emergency service\*