



Southern Health  
NHS Foundation Trust

**#HowRUToday**  
It's ok not to be ok.



Southern Health



@Southern\_NHSFT



@southernhealth\_nhsft

[www.southernhealth.nhs.uk](http://www.southernhealth.nhs.uk)

# #HowRU Today

*I feel good today*

*Embrace and remember this feeling*

*I feel a bit down today*

*Talk to someone you trust like a friend or family member*

*I have been feeling down for a while*

*Make an appointment with your GP or search [www.hubofhope.co.uk](http://www.hubofhope.co.uk) for support*

*I need to speak to someone today*

*Call NHS 111 who have mental health professionals available 24/7*

*I am in crisis*

*Call NHS 111 or call Samaritans on 116 123*

If you, or someone you know, are at immediate risk of harming themselves or others, please ring 999.