



# RUNNING OUT OF ROAD? REACH FOR HELP

Nick & George, Runners

## We care about you

### Don't flush your life away

[cornwall.gov.uk/flush](http://cornwall.gov.uk/flush)

### Take action

- If in the past two weeks you have been feeling down, depressed or hopeless.
- If you have lost interest in doing the things which you would normally enjoy.

If things are getting you down, take your first step to getting help by talking to a friend, your local GP or by calling Samaritans 24/7 or Outlook South West.



**116 123** FREE  
This number is FREE to call

Cornwall Partnership **NHS**  
NHS Foundation Trust

**outlook:)** SOUTH WEST  
01208 871905



**BBC**  
**RADIO CORNWALL**  
95.2 FM | 103.9 FM | DAB | [bbc.co.uk/cornwall](http://bbc.co.uk/cornwall)



# TOO BIG A BURDEN?

## THERE IS STRENGTH IN GETTING HELP



Rhys, Weightlifter

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# FIND THE MOTIVATION TO ASK FOR SUPPORT



Giles, Personal Trainer

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# PEDALLING A LONELY ROAD? CHANGE GEAR GET HELP



Ollie, Cyclist

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# CORNERED BY LIFE?

## MAKE IT YOUR GOAL TO FIND HELP



Harry, Footballer

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A man with dark hair and a beard, wearing a light-colored button-down shirt, is holding a table tennis bat in his right hand and a white ball in his left hand. He is looking directly at the camera with a serious expression. The background is a light-colored brick wall.

# BAT AWAY NEGATIVE THOUGHTS HELP IS OUT THERE

Shaun, Table Tennis player

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