

**“I...errr...  
you know...”**

**SPACE**

**BREATHING**

**In your own time, in your own words**

Sometimes you just don't feel right but can't quite put your finger on why. It could be something at work, or something at home. It could be something or nothing. But you won't know unless you talk about it. A good place to start is Breathing Space. Call in strict confidence on **0800 83 85 87**.

**Open up when you're feeling down**