



Feeling stressed, under pressure alone, or facing mounting money family or job worries?

Be Well is here for men too. We:

- Listen and point you in the right direction
- Have your back with one on one support
- Build on your strengths so you can find your own way forward.

To ask for our help, speak to a healthcare professional or call us on 0161 470 7120



It's OK to ask for help
Here's how Chris came back from the brink with Be Well

Find out more about us at
www.thebiglifegroup.com/be-well

