

# moodcafe

**Stressed?  
Worried?  
Feeling low?**

**or just  
want to  
feel a bit  
better?**

**Life can be difficult,  
and sometimes,  
we need a little help.**

Take a look at Moodcafe for  
information, resources and local and  
national organisations that can help.

Scan the QR code and help yourself at  
**[moodcafe.co.uk](https://moodcafe.co.uk)**

