
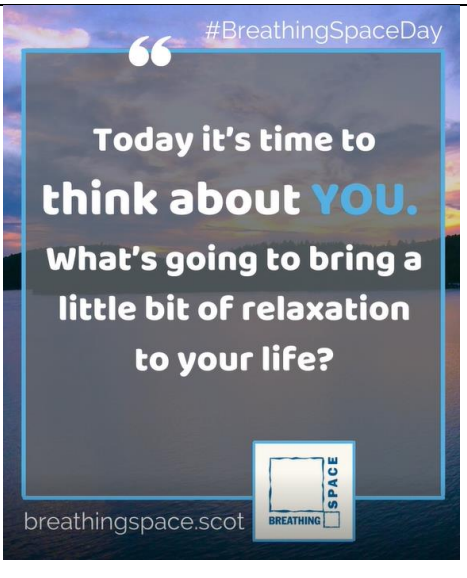
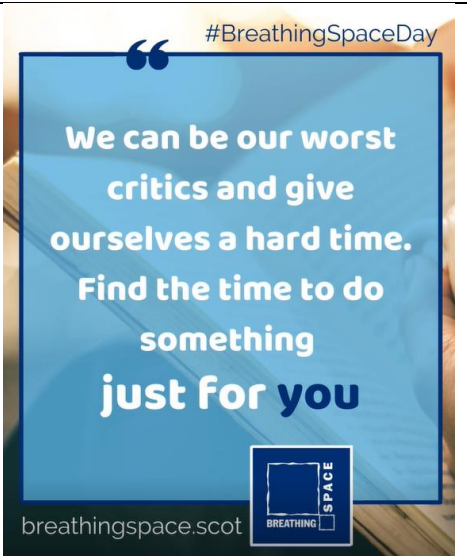


Breathing Space Day 2021 - Social Media Toolkit

<p>Mental health is just as important as physical health.</p> <p>If you're finding things tough right now, Breathing Space are available on 0800 83 85 87 to listen, offer advice and provide information.</p>	
<p>Feeling overwhelmed? Sometimes being listened to can really help.</p> <p>Breathing Space advisors are here for you on 0800 83 85 87.</p> <p>#BreathingSpaceDay</p>	
<p>It's National Breathing Space Day today. A reminder that it's ok to take some time for yourself.</p> <p>If you're struggling with your mental health, talk to Breathing Space on 0800 83 85 87.</p> <p>#BreathingSpaceDay</p>	
<p>Whether it's catching up with a friend, going for a walk, or listening to music, we all need a bit of space to ourselves.</p> <p>For a little bit more support with your mental health, call Breathing Space on 0800 83 85 87.</p>	<p>Self-kindness is so important, particularly in difficult times. Whether it's enjoying nature, listening to music, or catching up with a friend - do something just for you.</p> <p>And remember, Breathing Space are here for you on 0800 83 85 87 if you're feeling low.</p>
<p>It's ok not to be ok.</p> <p>Whatever you're going through, don't forget Breathing Space are here on 0800 83 85 87 to offer listening and advice.</p> <p>#BreathingSpaceDay</p>	<p>It's ok not to be ok.</p> <p>Whatever you're going through, don't forget Breathing Space are here on 0800 83 85 87 to offer listening and advice.</p> <p>#BreathingSpaceDay</p>