

Reading the signs: getting the right help at the right time

Usually you will know when you are ‘not feeling yourself’ – don’t ignore it, its better for you to get help as early as possible.

Some things to look out for in yourself are:

- Tearful
- Can’t concentrate
- More irritable
- Changes in sleep patterns, feeling tired
- Changes in eating patterns
- Feeling run down
- Overthinking
- Excessive worries and guilt
- Rapid mood changes
- Withdrawal from friends and things you enjoy

If you’re struggling, we’re here.

Call or WhatsApp us on **0808 802 8008**, or visit **musicmindsmatter.org.uk** to find out how we can help.