

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 us on 0808 802 8008, text MUSIC to 85258, or visit musicmindsmatter.org.uk to find out how we can help.