

# TIME FOR YOU

**Free and immediate access  
to mental health support  
for frontline workers.**



# Do you work in retail, supply, logistics, public transport, education or health and social care?

**Time for You is providing free mental health and wellbeing support to frontline workers across Scotland.**

Frontline workers have been carrying out some of the most important jobs during the pandemic – and even as restrictions begin to lift, we know many are continuing to experience high levels of anxiety and stress.

**Three levels of support, ranging from online self-help to therapy, are available right now. Visit: [www.samh.org.uk/timeforyou](http://www.samh.org.uk/timeforyou)**

Provided in partnership with:



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