

# TIME FOR YOU



## **Free mental health and wellbeing support for frontline workers is available right now.**

Time for You can help if you work in retail, supply, logistics, public transport, education or health and social care across Scotland.

Three levels of support are available for you to access right now, ranging from online self-help to therapy.

[www.samh.org.uk/timeforyou](http://www.samh.org.uk/timeforyou)

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