Need a chat? I'm here to listen.

I'm one of your wellbeing champions. I'm not a counsellor, but I can listen and help you find the right support.

Hello, I'm YOUR WELLBEING CHAMPION

My name

Where to find me

Best time to catch me

WHAT I CAN DO

1. **Listen** without judging.
2. **Help you find** the right support.
3. **Check in with you** afterwards.

In a crisis, call Samaritans free on 116 123, or 999 in an emergency.

FREE 2-MINUTE CHECK-IN

How are you doing this week?

Scan for a free, private wellbeing check-in. No app, no login, and your results straight away.

OptiMe

Free guides and posters
optimewellbeing.com/resources