

# flying high?

# feeling low?



**If you are feeling stressed, anxious or depressed you are not alone.**

These are difficult times and the aviation industry recognises the need for increased investment in mental health and well-being services.

Talk To A Peer is a co-operative Peer Support Programme, offering you independent and confidential one to one support with a like-minded, non-judgemental peer. Funded by your industry, the service is free to you.

For further information visit [www.talktoapeer.com](http://www.talktoapeer.com) or scan the QR code above.

