Conversation Starter Postcards

In support of Neighbourhood Watch Week 2021 and NHS Every Mind Matters we have created postcards to help you support and stay connected with your neighbours.. Simply print, cut, complete your details, and pop these postcards through your neighbours' doors.

Hello neighbour.

Better Health every mind matters

Everyone knows that feeling when life gets on top of us. We feel stressed, low, anxious or have trouble sleeping.

But now there's a new way to help turn things around. Neighbourhood Watch is supporting **Every Mind Matters**, which will get you started with a free Mind Plan showing you the simple things you can do to look after your mental health.

We know that being connected to your community can improve your wellbeing. Search **every mind matters** for practical actions you can take as well as expert advice to help you take better care of your mental health.

Your local Neighbourhood Watch contact:

Name:_____

Details: _____

www.ourwatch.org.uk

Neighbourhood Watch Network is a charity registered in England & Wales, CIO no: 1173349

LETS STAY CONNECTED

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