

# NottAlone

## #NottAlone

Have things  
been feeling  
a bit heavy?  
**It's OK to  
not be OK.**

NottAlone is  
here for everyone.  
Find mental health  
advice and  
connections to free,  
local support  
in Notts.



If you need advice or someone to  
talk to, visit **NottAlone.org.uk**  
The place to go if you're feeling low.



A partnership between