

**In your
control**

**Within your
influence**

**Out of your
control**

You can contact your Validium service for free, confidential support with work or personal issues.

Feeling anxious?

It is impossible not to feel some level of anxiety or distress at the scenes of conflict and despair on our TVs and social media. Some of us may need additional support to help manage our emotional wellbeing at this time.

You are not alone. Validium's Mental Health helpline is available 24/7 and you can call at any time to speak to a counsellor.