

#TogetherInJanuary

# HOW CAN I GET INVOLVED?

WWW.CALMTOWN.ORG



## PUT THIS LEAFLET IN YOUR WINDOW!

The easiest way to get involved: pop this flyer in your window to show your support.

## JOIN IN!

1. **Leave up some Christmas or fairy lights** to brighten up your home and street.
2. **Like & share** CALMtown's social media posts to show your support. Find us via [www.facebook.com/CALMtown](http://www.facebook.com/CALMtown).
3. **Have a chat!** Take a minute to talk to your neighbours.



## FINDING THINGS TOUGH?

### CALL

111 and select option 2 if you are in a crisis. This NHS number is available 24/7.

116 123 for a confidential conversation with **the Samaritans**. Open 24/7, 365 days of the year.

### TEXT

85 258 to reach **Shout**, a free confidential 24/7 text service.

### LOOK UP

[www.calmtown.org](http://www.calmtown.org). Our **5 ways to wellbeing** lists local activities and groups you can join.



CALMtown

St Ives