

# HOOFING HINTS

TO LOOK AFTER YOUR MENTAL HEALTH

**LIFTING  
THE LID**  
Promoting positive mental health

1.

TALK  
ABOUT IT  
WITH YOUR  
OPPO

2.

CRACK  
SOME



PHYS!

3.

EAT SOME  
HEALTHY  
SCRAN



4.

HAVE A  
WET

5.



DON'T  
GET  
MINGING

6.



KEEP IN  
TOUCH  
WITH YOUR  
BUDDIES

7.

GO FOR A  
**YOMP**  
YOU'RE GOOD AT THAT

8.

ACCEPT THAT YOU ARE  
**AWESOME, ROYAL**

9.

ASK OPPOS  
HOW THEY ARE



...AND  
LISTEN

10.

REMEMBER:  
**BUDDY,  
BUDDY**  
BE NICE TO  
EACH OTHER



11.

**REACH OUT**

VETERANS:



0800 468 1664

SAMARITANS

116 123



0800 138 1619

SERVING:

REGAIN  
01206 817057

NAVAL SERVICE FAMILY  
& PEOPLE SUPPORT  
0800 145 6088

COMBAT STRESS  
0800 323 4444