

How a humble cup of tea can help shatter the stigma of suicide.

The smallest act of kindness, like the offer of a cup of tea and the sparing of a little time, can be all it takes to lift someone's spirits.

To help those who are desperate for help but too scared to ask.

**Support the Big Brew campaign.
Help us tackle the stigma that stops so many from asking for help.**

The offer of a cup of tea is enough to give anyone a boost. But to some, it can be a lifesaver. That's why we're asking YOU to actively support the Big Brew Campaign.

HOW?

By reaching out to someone who you feel might be feeling low. By raising awareness of mental health issues by organising a Big Brew event. Because the smallest act of kindness, a kind offer, a little time, a warm smile, a warmer cuppa, can be a real lifeline to someone.

To find out more, download your **FREE Big Brew pack** today

merseycare.nhs.uk



To some it's a tea bag. To others it's a lifeline...

