



Healthy Habits

MEN'S HEALTH WEEK

12th - 18th June

Check out the health resources below and follow the CF Facebook page this week for more resources and spiritual encouragement:

<https://www.facebook.com/CongregationalFederation>

NHS

111 (FOR AN URGENT SITUATION) OR CONTACT YOUR GP OR THE NHS WEBSITE MEN'S HEALTH - NHS (WWW.NHS.UK)

MIND 0300 123 3393 (9AM TO 6PM MON-FRI)

SAMARITANS 116 123 (24 HOURS A DAY)

CALM 0800 585858 (5PM TO MIDNIGHT DAILY)

NEW KAPPORET 0808 801 0585 (3PM TO 11PM DAILY)

IF YOU LIVE IN WALES :

C.A.L.L. 0800 132737 (24 HOURS A DAY)

IF YOU LIVE IN SCOTLAND :

BREATHING SPACE 0800 838587

(6PM TO 2AM MON - THURS AND FRI 6PM-MON 6AM)



"For I will restore health to you and heal you of your wounds"

(Jeremiah 30 : 17)