



## 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.

To help tackle the stigma associated with mental illness why not come along to the Big Brew event below.

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

[www.merseycare.nhs.uk](http://www.merseycare.nhs.uk)

**Where**

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**When**

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