

Are you OK?

You're not alone Reach out for support

The AAPTLE Well-being group created a poster which will be released at the ABTT MAKE A DIFFERENCE Conference 2023.

With the intent that it can be put up in toilets, corridors, and wherever it can be seen by anyone working in your venue/business

We have supplied two versions of this poster.

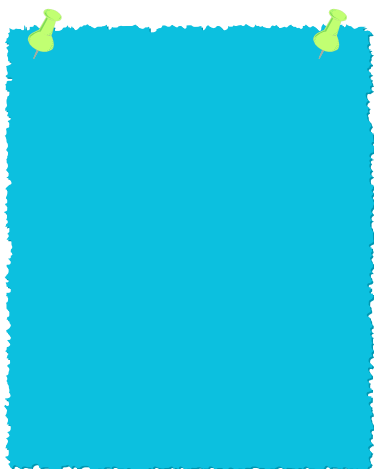
The first poster is filled out with information which is useful to anyone in any situation no matter where they are based and has signposts to find help them find resources local to them.

The second one allows you to personalise it with local information relevant to your venue/business.

We have made the blank poster as easy as possible to edit.

All you need to do is follow the instructions below and then print in A4/A5 and then you can put where ever you need them.

All you need to do to fill in the space is place a text box over the space with the Montserrat Classic font or whatever you have available



In this blank space you can put links, phone numbers etc to your local well-being resources which can range from your local NHS to charities.

We have also supplied a blank space at the bottom so that you place your logo

AAPTLE

The Alliance of Associations
& Professionals in
Theatre & Live Events

Are you OK?

Find your local crisis line

Scan this QR code and input
your postcode
to find your local crisis line
number

It might feel scary to call,
but they are there to help support you



BACKUP 24-hour helpline

0300 3020068

Their free helpline is available
24 hours a day, 7 days a week,
which provides a
centralised access point
for both urgent and
non-urgent well-being support.

You're not alone Reach out for support

If you don't feel safe and are in a crisis

Text Shout: 85258

It's important to try & start to
communicate it's hard to talk
but maybe you can find
the strength to text

THE HUB OF HOPE

Scan this QR code to visit this
site.

Input your postcode and the services
you're looking to find support in.
The site will list all available in your area.



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