



Healthy Eating,
Healthy Living

Did you know a few simple dietary changes may boost cognitive function and reduce symptoms of depression, anxiety and other mental health disorders?

One of the best ways to improve your mental health is through your gut.



Access Assistance

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Complex Carbohydrates

The primary source of energy for the brain is glucose. Complex carbohydrates release glucose slowly, helping us feel full longer and providing a steady source of fuel for the brain and body.

Healthy sources of complex carbohydrates include whole grains such as **whole-wheat products, bulgur, oats, wild rice, barley, beans and soy.**

Complex carbohydrates, facilitate the entry of tryptophan into the brain, reducing the symptoms of depression and anxiety and improving overall cognitive functioning.



Nutrition is a key contributor to good mental health, but it's just one piece of the puzzle.

Mental health issues affect 1 in 6 of the population in the UK. To us you are NOT just a number.

Your mental health and wellbeing is important to us and early intervention is key, that's why we offer counselling services free to anyone in the industry and their families.

*You are **NOT** just a number*

