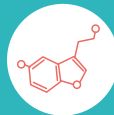




Did you know a few simple dietary changes may boost cognitive function and reduce symptoms of depression, anxiety and other mental health disorders?


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



## Access Assistance

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## omega-3 fatty acids

Foods high in omega-3 fatty acids, such as **salmon, herring, sardines, mackerel, seaweed, chicken fed on flaxseed and walnuts**, have been shown to reduce symptoms of schizophrenia, depression, attention deficit hyperactivity disorder and other mental disorders.

This is likely because of the effect omega-3s have on the production of neurotransmitters (brain chemicals responsible for our moods), including dopamine and serotonin.



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