



Dear Colleagues,

Some of you may be aware that there was a post placed on the AA People forum where it appears a member of staff appears to be feeling very unwell and may be considering some sort of self-harm.

I have tried to locate the staff member although I do have a belief the person may be located in London, but again I'm not sure.

Can I ask all of you to contact your colleagues today no matter where you are in the country to ensure they are ok. If someone needs help it is available, below is the number for the Samaritans who will always be there for you.

The advice from the NHS is to not take alcohol or drugs and to go to a friends or relatives house or go straight to your local A&E department.

Samaritans – for everyone
Call **116 123**
Email jo@samaritans.org

Please make an effort to call your colleagues today.

Yours fraternally,

Paul

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