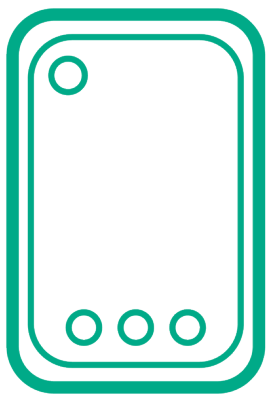




# Mind Over Matter

If you were to experience mental health difficulties, **what would stop you from accessing help and support?**



**Give us a call in the office** and tell us your answers:  
**0330 355 0300**



**Pick up a paper survey** from your nearest Salford library

**Live in Salford? Have your say**



**Complete the survey online:**  
[www.smartsurvey.co.uk/s/hwsmind](http://www.smartsurvey.co.uk/s/hwsmind)