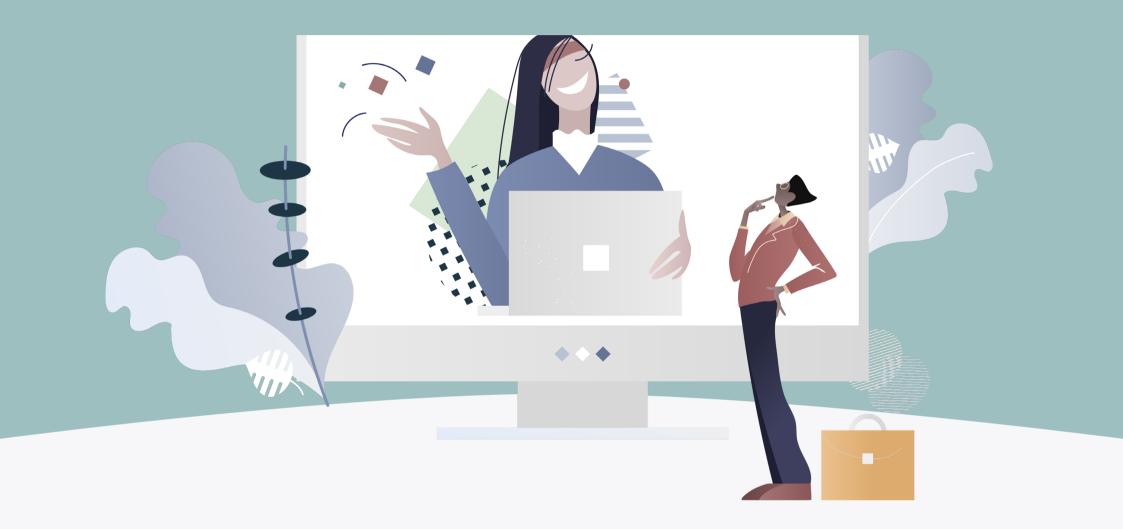
We want to know... Are you coping?



Feeling overwhelmed?
Loss of appetite?
Trouble sleeping?

It's time to address your stress.



Access support online www.rightsteps.co.uk