



**Warrington RUFC**  
***LooseHeadz***  
***#TackleTheStigma***



**MISSION -**

Our mission is simple; Warrington RUFC want to have a number of Looseheadz Mental Health Leads across all age ranges in the club.

**WHY? -**

To help prevent, promote, educate and signpost around mental health.

**SUPPORT -**

All of our Warrington Looseheadz are trained and have access to the Looseheadz toolkit that include online resources and offline materials.



**Here to listen**



# ***LooseHeadz***

## ***#TackleTheStigma***

### **Meet the LooseHeadz Team**



**Kev Jones**  
**07977737902**



**Dave Evans**  
**07977479353**



**Dom Hastings**  
**07989589057**



**Jon Ward**  
**07957441221**



**Callum Hindle**  
**07760594602**

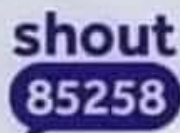
**HERE TO LISTEN**

# COPING AT CHRISTMAS

Christmas can be tough. That's why it's important to know there's always someone you can talk to.



☎ 0300 123 3393  
ℹ Helpline  
🌐 [mind.org.uk](http://mind.org.uk)



☎ Text SHOUT to 85258  
ℹ 24/7 text service  
🌐 [giveusashout.org](http://giveusashout.org)



☎ 116 123  
ℹ 24/7 helpline  
🌐 [samaritans.org](http://samaritans.org)



☎ Text YM to 85258  
ℹ 24/7 text service  
🌐 [youngminds.org.uk](http://youngminds.org.uk)



☎ 0800 58 58 58  
ℹ Helpline for men  
🌐 [thecalmzone.net](http://thecalmzone.net)



☎ 0800 068 4141  
ℹ Under 35s Helpline  
🌐 [papyrus-uk.org](http://papyrus-uk.org)