



**Connecting
with People**



U Can Cope

2014 NHS Changeday Pledge

'I pledge to develop my wellbeing and emotional resilience and encourage those around me to do the same'

I pledge to undertake the following 3 actions:

1.
2.
3.

Signed

Date

For resources, films and self-help leaflet

www.connectingwithpeople.org

#UcanCope

