



The Laura Hyde Foundation

Caring for those who care about us

The Laura Hyde Foundation is dedicated to focusing on mental health awareness and assistance for medical and emergency services workers.

Do your part in providing support to your family, friends or colleagues by taking these 3 simple steps:



LISTEN

Ask how they are and actively listen to what they say, noting non verbal cues also.



HELP

Offer practical support if applicable or signpost them to the appropriate resources.



FOLLOW UP

Check back in with them to make sure they are being supported.

If you would like to know more about the Laura Hyde Foundation then please visit any of the following channels and get in touch with us.

laurahydefoundation.org

[justgiving.com/crowdfunding/laurahydefoundation](https://www.justgiving.com/crowdfunding/laurahydefoundation)

 [LauraHydeFoundation](https://www.facebook.com/LauraHydeFoundation)

 [thelaurahydefoundation](https://www.instagram.com/thelaurahydefoundation)

 [LhFoundation](https://twitter.com/LhFoundation)

[#caringforthosewhocareaboutus](https://twitter.com/caringforthosewhocareaboutus)

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