

# Stressful times can take a toll on your mental health

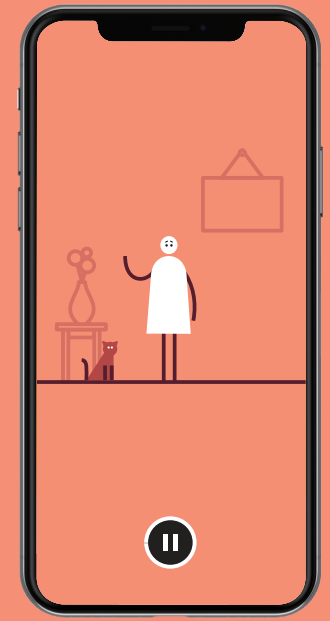
For help with  
poor sleep



Get started at  
[www.sleepio.com/  
healthandcare-scot](http://www.sleepio.com/healthandcare-scot)

**Sleepio**

For help with  
worry & anxiety



Get started at  
[www.trydaylight.com/  
healthandcare-scot](http://www.trydaylight.com/healthandcare-scot)

daylight