

don't
forget
number 1

talk.

eat.

help.

Simple tips to help us cope

(ask your keyworker for more details)

quit.

breathe.

move.

learn.

sleep.

join.

take
control.

Resources produced with advice
from Dr Philip Timms from SLaM:

South London and Maudsley 
NHS Foundation Trust



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Produced by
Homeless Link

looking after number 1

If you would like more information about additional resources please visit
www.homeless.org.uk/looking-after-number-1