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| **Theme** | **Message** |
| **Normalising mental health** | It’s OK to not feel OK during challenging times. Find help and advice to keep yourself well [www.good-thinking.uk](http://www.good-thinking.uk/) #LondonTogether |
| **Anxiety and worry** | Lots of people are feeling anxious and uncertain because of the impact of COVID-19 or Brexit, many are worried about friends and family in other parts of the world. Visit [www.good-thinking.uk](http://www.good-thinking.uk/) to help manage these feelings and keep your mind healthy. #LondonTogether |
| **Uncertainty** | These are challenging and uncertain times for everyone, but some people are finding it harder than others because of their personal circumstances. Some of us are feeling worried and uncertain about our future. Visit [www.good-thinking.uk](http://www.good-thinking.uk/) for some tips and advice. |
| **Loneliness** | Many of us are feeling lonely and finding it difficult being far away from our loved ones. It’s normal to feel these things, because none of us are superhuman. Visit [www.good-thinking.uk](http://www.good-thinking.uk/) for some tips and advice. #LondonTogether |
| **Belonging** | Now more than ever, we want all Londoners regardless of where you were born or what language you speak, to know that you are not alone, and help is available for whatever you are feeling. Visit [here](https://www.doctorsoftheworld.org.uk/wellbeing-guidance/) to help manage these feelings and keep your mind healthy. #LondonTogether |
| **Family** | This has been a tough year for everyone but some of us have not seen family or friends because of restricted travel. You are not alone. Visit [www.good-thinking.uk](http://www.good-thinking.uk/) for some tips and advice to manage feelings of isolation or loneliness #LondonTogether |
| **Support** | Feeling troubled and wondering how you can get help to manage over the weeks and months ahead? Visit @MayorofLondon [hub for advice](https://www.london.gov.uk/what-we-do/european-londoners-hub) about #COVID and #BREXIT |
| **Fatigue**  | Feeling worn out by uncertainty and unknowns? It’s been a tough year, you can find advice and tips about how to keep yourself well on [www.good-thinking.uk](http://www.good-thinking.uk/) website. @MayorofLondon  |