

You don't always see what someone's carrying.

Out on the water on your own, or back home behind a closed door, nobody sees the whole picture. This year's World Mental Health Day theme is:

"Lived Experiences Heard: Real Voices, Real Change." That starts with each of us being honest about how we're doing.

A lot of our work on the Dee happens alone: on the river bank, out on patrol, miles from the nearest person. That's part of the job we love, but it also means a hard week can go unnoticed. We don't know what anyone else is dealing with at home, so it's worth checking in on others, and on yourself.

If something's not right, please reach out. It's a sign of strength, not weakness. Every service below is free, confidential, and not just for emergencies.

If you need someone today

- **Samaritans**

116 123

Free, 24 hours a day, every day of the year, for any kind of distress, not only crisis.

- **Breathing Space**

0800 83 85 87

Scotland's helpline for low mood, stress and anxiety. Free and confidential. 6pm–2am Mon–Thu, and continuously from 6pm Friday to 6am Monday.

- **Shout text support**

Text FISH to 85258

Aberdeenshire's own crisis text keyword: free, anonymous, 24/7, and won't show up on your phone bill.

- **NHS 24 Mental Health Hub**

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Phone advice and support, 24 hours a day, every day.