

How do you know if it's time to talk?

We all go through tough times.

But how do you know when it's time to reach out?

Here are some signs and simple ways to take the first step.

You're not yourself lately

You feel low, anxious or overwhelmed more often than not.

Maybe your sleep's off, you've lost interest in things you normally enjoy, or you're just exhausted.

Your mind and body might be telling you it's time to talk.

Things keep bubbling up

Arguments feel harder to get past.

You keep circling the same issues
at home or work.

Whether it's tension with a partner,
struggles with your kids or grief from the
past, talking can help ease the weight.

Work is starting to suffer

Struggling to concentrate?

Dreading every shift?

If your wellbeing is affecting how you show up at work, it's worth checking in with yourself.

You don't need to wait until you're at breaking point.

You just feel stuck

Sometimes we don't know what's wrong,
just that something isn't right.

That's OK. Counselling isn't only for crises.

It's for sorting through the noise, getting
unstuck, and understanding yourself
better.

You're not alone, and you don't have to do it alone

Thousands in hospitality have already reached out for support with stress, anxiety, grief, relationships, and more.

At LTC, our counselling is free, confidential and tailored to you.



How to get started

Visit licensedtradecharity.org.uk,
call us, free, on **0808 801 0550** or open
a live chat on our LTC Wellbeing Platform