



## Look after your mental health, says Liam

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In these difficult times of lockdown, England No 1 Liam Pitchford has released a video message to urge people to look after their mental health.

Liam has been very open about dealing with depression in 2016 and has worked with Samaritans to help break the stigma of talking about mental health.

Here is his video message:

If you need support or advice about mental health issues, here is a selection of links which might help:

[Mind – coronavirus and your wellbeing](#)

[Samaritans – if you're worried about your mental health during the coronavirus outbreak](#)

[Mental Health Foundation – looking after your mental health during the coronavirus outbreak](#)

[NHS – 10 tips to help if you are worried about coronavirus](#)

[Sport & Recreation Alliance – mental health charter for sport and recreation](#)

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