the national sleep helpline

Helpline Resource Pack

POWERED BY

the sleep charity®

thesleepcharity.org.uk

Support Starts with Awareness

Whether you're a school, charity, corporate organisation or community group, you play a vital role in **helping people access the support they need.** Our National Sleep Helpline is here to provide **free, confidential and compassionate support** - and we need your help to spread the word.

What's Inside This Pack?

We've created a suite of **free promotional resources** to help you raise awareness of the helpline among your staff, students, clients or beneficiaries. These materials are **ready to download and share across your spaces** – physical and digital.

Posters

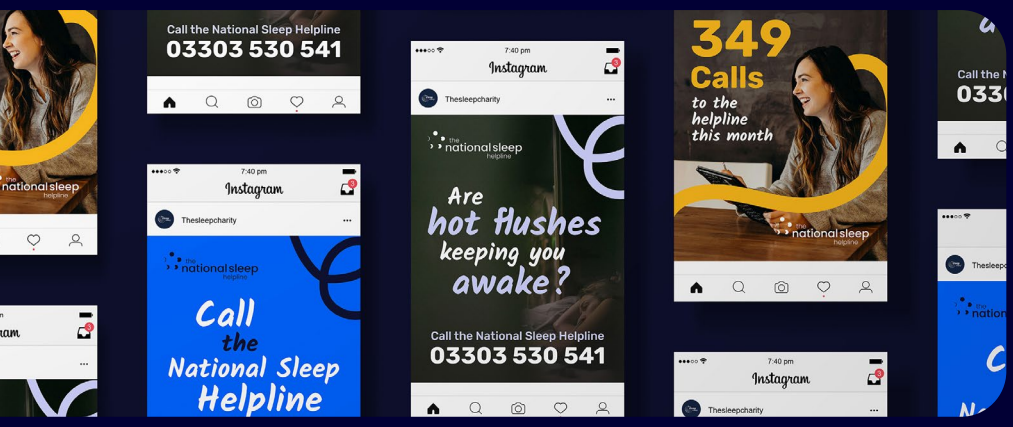
Print-ready designs for noticeboards, staff rooms, reception areas and communal spaces.

Flyers

Handouts or inserts for newsletters, events or welcome packs.

Social Media Graphics

To help **spread the message.**



Why Promote the Helpline?

Accessible support

The helpline is **confidential and available** to anyone who needs it.

Early intervention

Promoting the helpline helps people **seek support before sleep issues escalate.**

Community wellbeing

Whether you're supporting young people, employees, or vulnerable groups, **visibility matters.**

How You Can Help

Download the resources

from our website or the link below.

Encourage conversations

in your organisation - online and offline.

Display and share

around mental health, wellbeing and support.

Tag us on social media

when you share - we'd love to amplify your efforts!

Let's Make Support Visible

Together, we can ensure that **no one feels alone.** By promoting the helpline, you're helping people take the first step toward **support and recovery.**

Download the Resource Pack now