



Are you
Struggling?

Not Able To
Do Things

Feeling
Overwhelmed

Friends
& Family

*We all do sometimes.
Our helpful list of UK organisations is
designed to help you with all kinds of issues.
Find it at :
www.domesticbliss.info/recoveryourbliss
or scan the QR Code below.*

*Domestic Bliss helps UK adults to
find moments of bliss in the everyday.*



Easy to join
Easy to use
Free of Charge
domesticbliss.info

Scan to visit

