

# BRIGHTER JOURNEYS

We're hoping to brighten up everyone's journey by bringing the power of nature into our stations.



If you're finding lately that nothing lifts your mood, download the Hub of Hope app at [hubofhope.co.uk](https://hubofhope.co.uk) for help and support with your mental health.

**Hub of Hope**   
Provided by  
CHASING THE STIGMA

 **National Rail**

**NetworkRail** 