

BrainBITE

Shaping diet support for you



Have **you, a loved one, someone you care for or a patient you treat** experienced symptoms of **stress, low mood, sleeplessness or anxiety?**

Or symptoms of any other **mental health, neurodevelopmental, or behavioural condition?**

Diet plays a big role in brain health—and with the right support, changing how we eat may help ease these symptoms.

We want to understand what types of support people prefer so we can design effective, diet-focused help for the NHS.

If you're **aged 14+** and want to shape the future of care, take our 15- minute survey today. Your voice matters.

Follow the link or scan the QR code

for more information and to complete the survey.

