

Your mental health is important.  
Let's raise awareness and  
support one another.

# MENTAL HEALTH AWARENESS



Increased mental health awareness leads to early recognition and intervention of mental health issues, improving outcomes and preventing further distress.

Recognising the signs early can prevent issues from escalating. Awareness leads to timely support and better outcomes

Mental health awareness involves understanding and recognising the importance of mental well-being and the impact of mental health on overall quality of life.

Awareness helps break the stigma. Talking openly about mental health encourages others to seek help without shame.

