



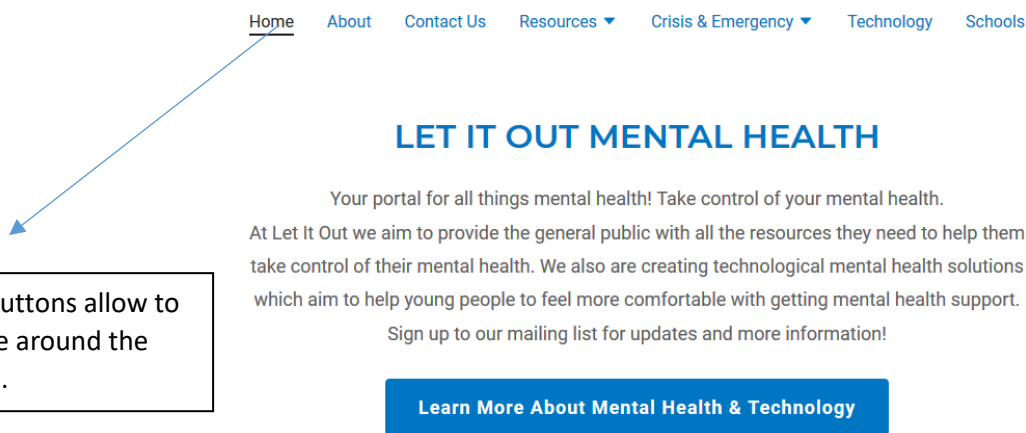
LET IT OUT

TAKE CONTROL OF YOUR MENTAL HEALTH

Using Let It Out Website

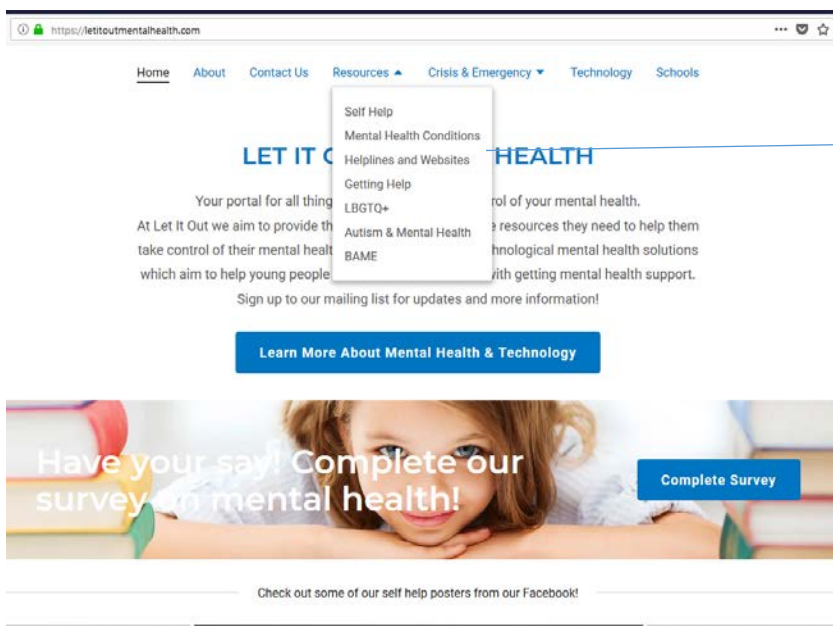
Using the navigation

1. At the top of the website there are navigation buttons that allow you to make your way around the website.



These buttons allow to navigate around the website.

2. The buttons that have arrows beside them are dropdown menus. These contains links to other pages.



These buttons allow to navigate around the website.

Have your say! Complete our survey on mental health!

[Complete Survey](#)

Check out some of our self help posters from our Facebook!