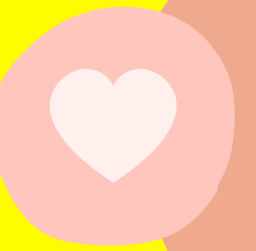




Tips For Taking Care Of Your **MENTAL HEALTH**



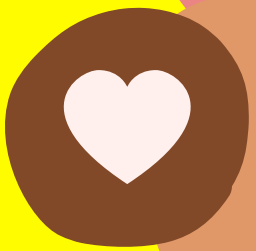
Talk To Someone You Trust



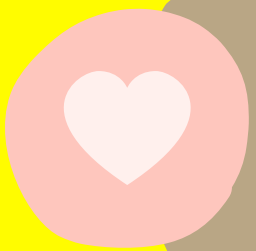
Take Care Of Your Physical Health



Do Activities That You Enjoy



Take Two Minutes To Focus On
The World Around You



Tell Yourself That Everything
Will Be Fine

www.mentalhealth-charter.co.uk