

Looking After Your Mental Health

SPEND TIME
OUTDOORS



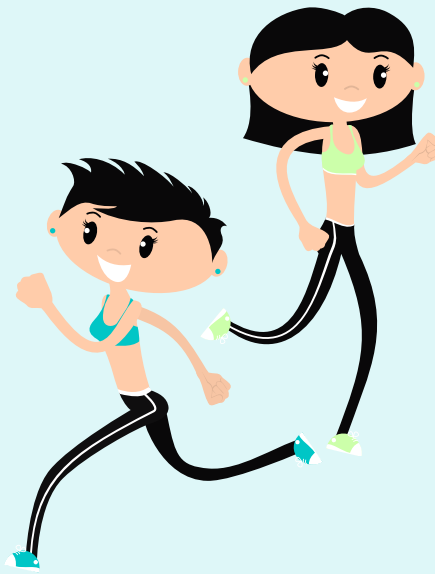
KEEP ACTIVE



GET PLENTY
OF REST



DO THINGS THAT
MAKE YOU HAPPY



EAT
HEALTHILY



ASK FOR
HELP



TALK ABOUT
HOW YOU FEEL



BE KIND TO
OTHERS