



REMEMBER!



Talk to your doctor.



Support is available at:

MIND

– 0300 466 6463

Mental Health Foundation

– 08457 909090

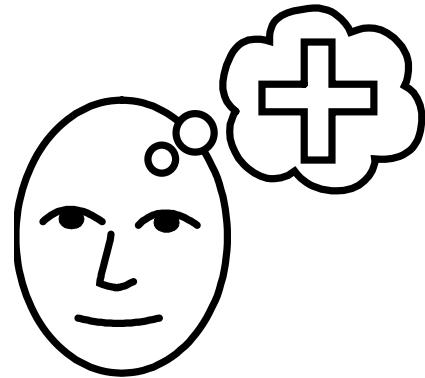


Ask your doctor or you support worker for more information.

(NHS, widget symbols, 2019) (Mind, N.D.)

(Mental Health Foundation, N.D.)

Mental Health Depression



To help you feel positive.

(NHS, widget symbols, 2019)

Someone suffering from depression might:



Feel sad for a long



Feel worried a lot of the time and might cry.



Might not enjoy their life.

Change in eating habits.

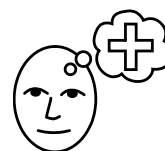


Find it hard to sleep.

Feeling tired a lot.

(NHS, widget symbols, 2019)

Depression, Mental Health Foundation, N.D.)



Mental health is how you feel on the inside.



Mental health is as important as your physical health.

(What is Mental Health? Mental Health Foundation, N.D.)



Keeping active can help.



It is important to talk to someone

(NHS, widget symbols, 2019) (Low mood and depression, NHS, 2018.)