



It's me

At least 1 in 5 people in Northern Ireland has had depression, anxiety or a similar mental health problem, and I'm one of them.

If you are feeling down or you feel that you can't cope, talk to someone - a friend, your family or your doctor.

If you think someone else might be feeling that way, encourage them to talk about it.

Look after your mental health.

For more information and sources of help and support visit:

www.mindingyourhead.info