

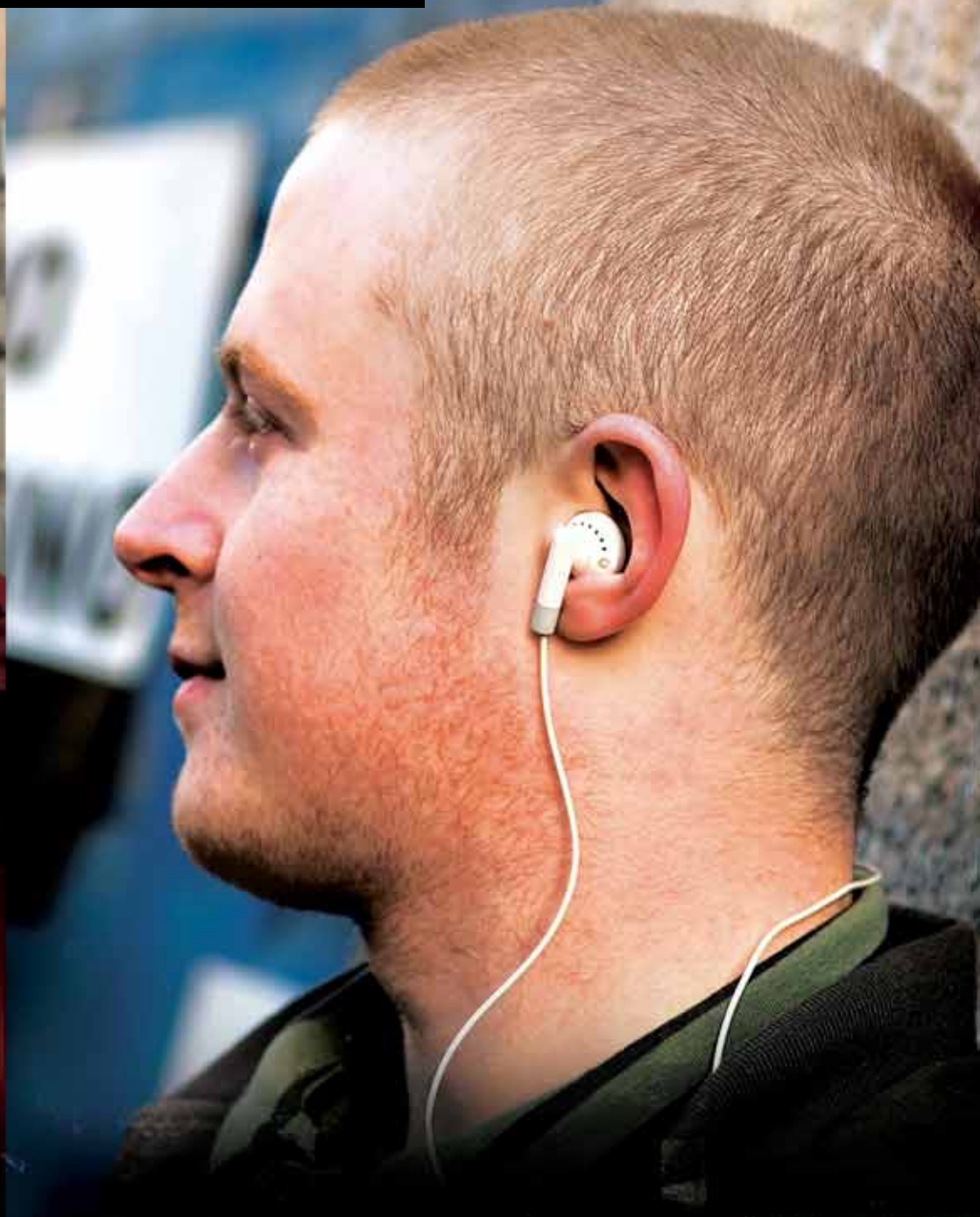


**Life can be tough but
no one said you had to be**



**Sharing problems that
weigh you down can make
them easier to handle.**

**Talk to a friend, a family
member or your doctor,
and you'll lighten the load
you're carrying.**



**Look after your mental health
www.mindingyourhead.info**



**Health
Promotion
Agency**



Department of
**Health, Social Services
and Public Safety**
www.dhsspsni.gov.uk

