

 Mental Health Foundation

We're all different. Accept and be proud of who you are rather than wishing you were more like someone else.



Good mental health for all.
mentalhealth.org.uk

Registered Charity No. England 801130, Scotland SC039714. Company Registration No. 23508466  Registered with FUNDRAISING REGULATOR

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None of us are superhuman. If things are getting too much for you and you feel you can't cope, ask for help.



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Doing good for others does you good. Take time to care for others to improve both your and their mental health.



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What we eat may affect how we feel. A diet that's good for your physical health is also good for your mental health.



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