














Mental Health Awareness Week: 13 - 19 May 2019




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What is mental health?

  +  
How you feel about yourself and the people around us.

   +  + 
Our ability to make and keep friendships and relationships.

      + 
Our ability to learn from others, develop psychologically and emotionally.

   
We can all experience mental health problems.

  
Don't be embarrassed by mental health problems.