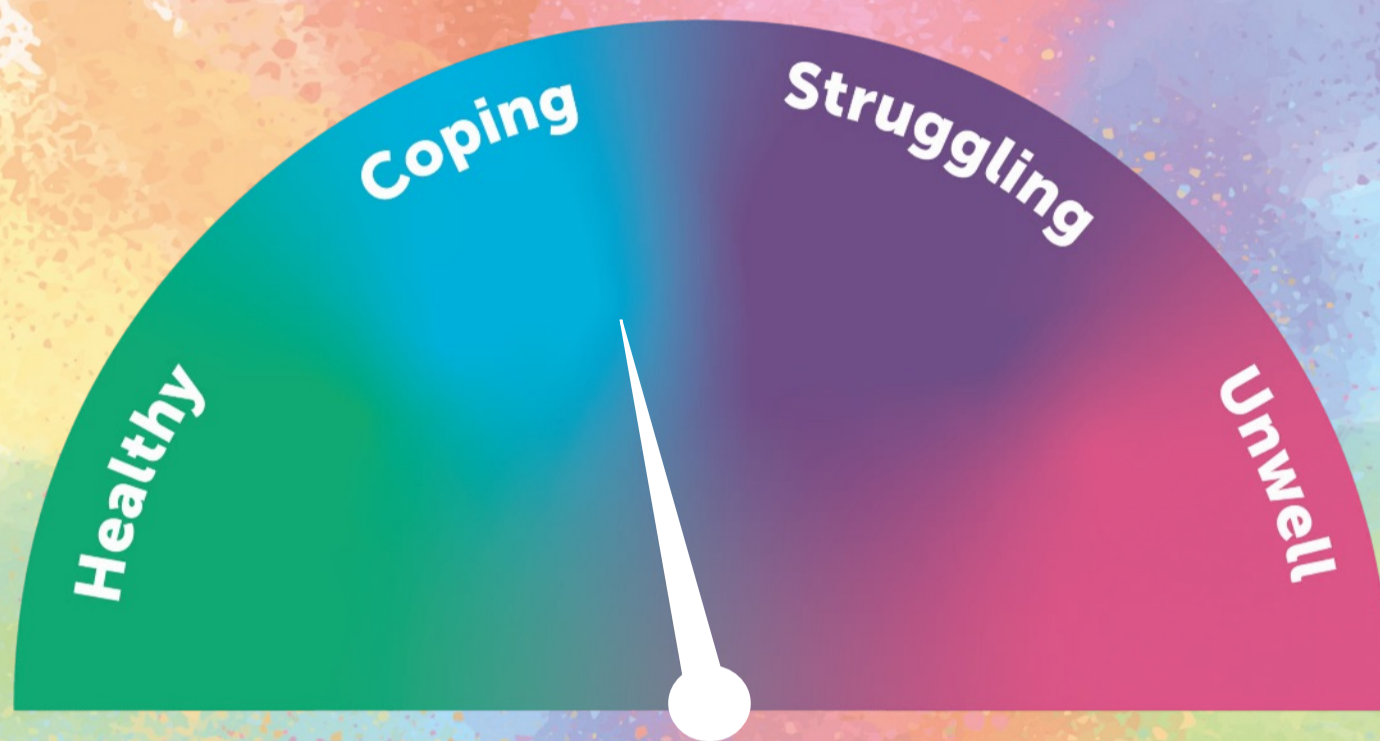




Do you have a healthy mind?

Check our health scale - where are you?



We all handle things very differently, and certain situations can impact our mental health more than others

Seeking help is often the first step towards getting and staying well, but it can be hard to know how to start or where to turn to. Use our health scale above to identify how you are feeling. By identifying how you are feeling, you can then look to find the right support for you.

It's common to feel unsure, and to wonder whether you should try to handle things on your own. But it's **always ok** to ask for help. Visit our website to find a list of common symptoms and support services near you.

www.eastridinghealthandwellbeing.co.uk/healthy-minds