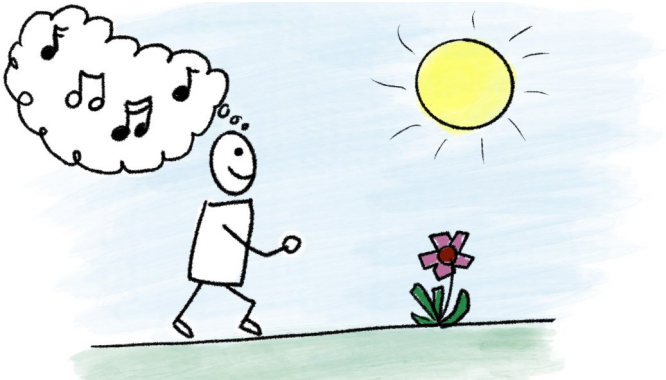
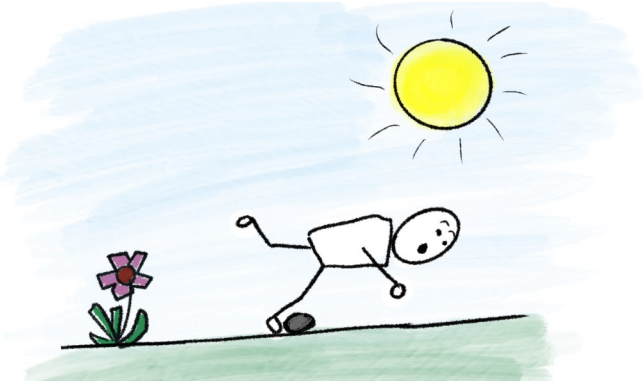
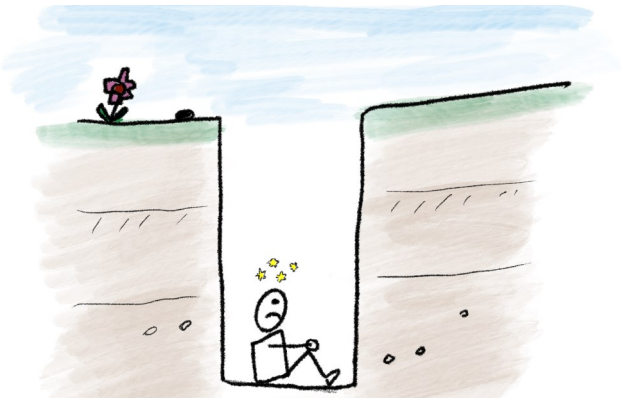


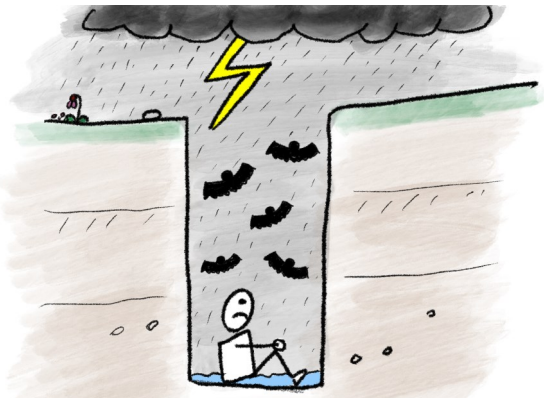
Anxiety & Depression can strike at anytime, even when everything seems great.



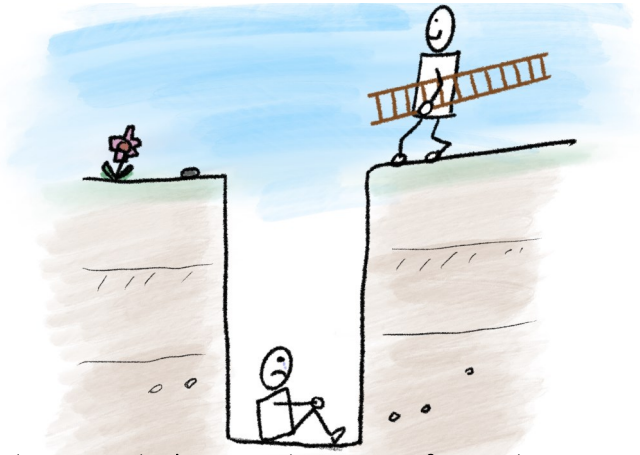
Then something trips us up. It could be a big, small, old or a new thing.



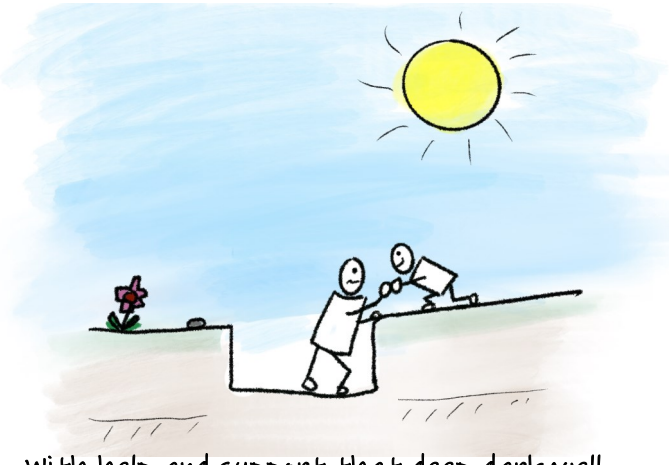
When we fall, sometimes this can be a big fall. Like falling into a deep dark well we can't get out of.



It's a scary place that gets worse the longer we stay there.



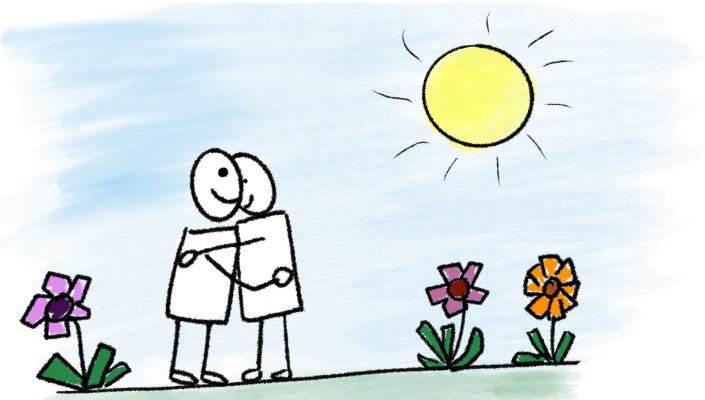
Helping us climb out takes many forms: listening, providing comfort, support or guidance



With help and support that deep dark well can seem a lot less deep and scary.

WORLD MENTAL HEALTH DAY

10th October 2021



Don't know what to say to help? Just being there with us helps. A hug can let us know we're not alone.

STAY SANE

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