

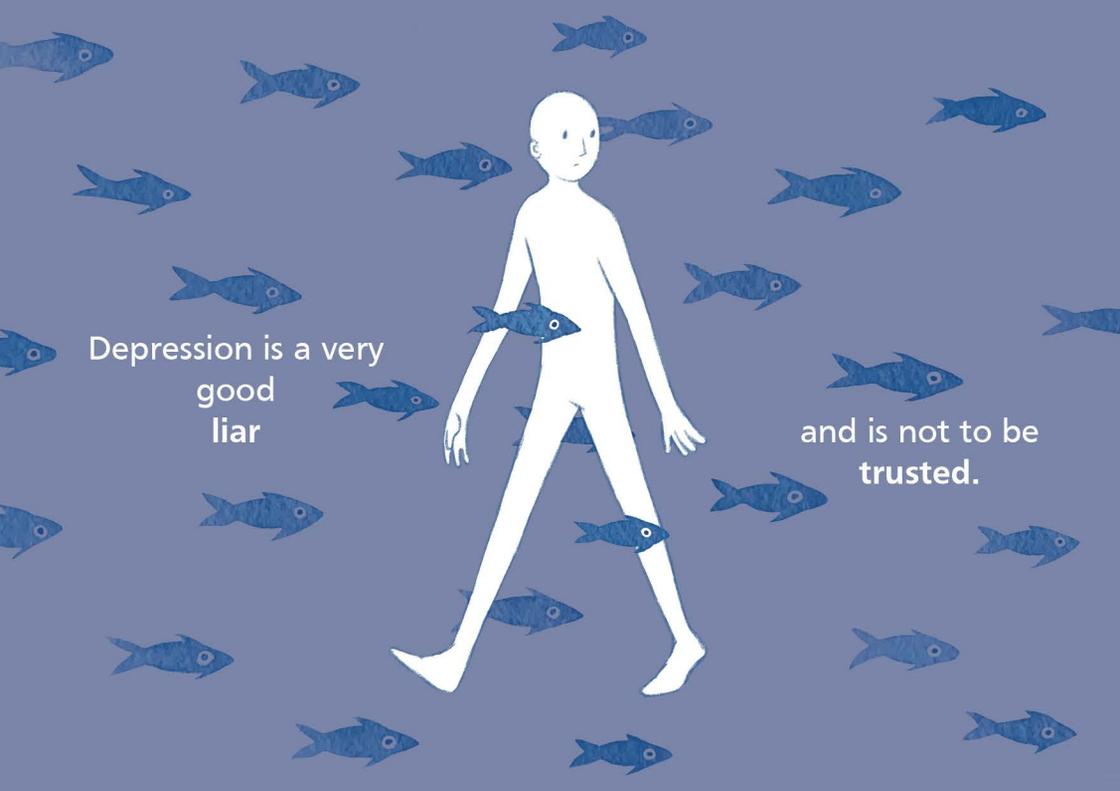
A few years ago,  
my mental health  
took a turn for  
the worst.



Everything blurred together  
and I experienced  
life from a distance.

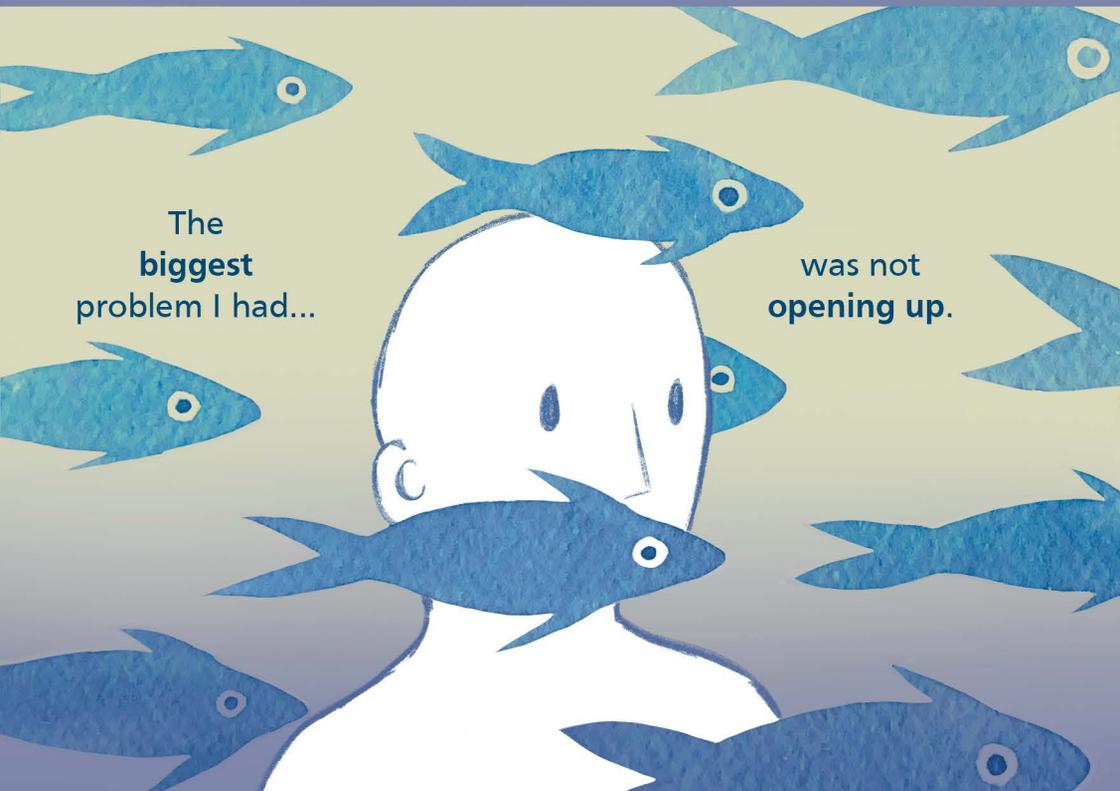
Depression is a very  
good  
liar

and is not to be  
trusted.



The  
**biggest**  
problem I had...

was not  
**opening up.**

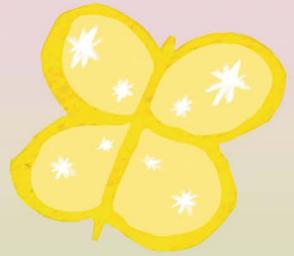




We're always here to talk.  
**Opening up**

NHS Foundation Trust  
**SHN** **NELFT**

As I am far  
more



**open**  
about my struggles...

I have had  
many  
wonderful  
experiences



and created a  
**support  
network**

Find your support network:

NHSwebsite: [www.nhs.uk](http://www.nhs.uk)  
MentalHealthMatters: 0191 516 3500  
Samaritans: 116 123  
YoungMinds: 020 7089 5050

