

KNOW THE 5 SIGNS of mental distress

1 Are you not feeling yourself?

2 Are you becoming withdrawn?

3 Are you becoming agitated?

5 Do you have feelings of hopelessness?

4 Have you started to neglect yourself?

AND THE 4 ACTIONS for heathy emotional wellbeing

1 Reach out

2 Connect with family and friends

3 Relax, recharge and care

4 Take care of yourself