



More **bad** **days** than good days?

MENTAL HEALTH CHANGES ARE
NORMAL, BUT SOME OF US CAN
FIND IT HARD TO ASK FOR HELP.

If you are feeling down or sad, not enjoying your normal activities, feeling worried or nervous, tired or avoiding people and places you do not have to just put up with it. Have a chat with your GP about the different options for getting things off your chest and working out what helps.

Talk to your doctor.

Get help that works for you.

DENILIQUN
LOCAL HEALTH
ADVISORY COMMITTEE