

MENTAL HEALTH



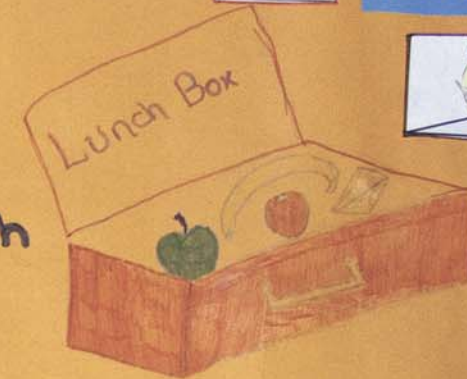
Mental Well Being



DON'T SUFFER IN SILENCE



Don't Feel Low
Let Someone Know
Because Good Mental Health
Is Your Wealth
Thinking Positive
Is The Key
So Open The Door
And Let's feel free.



~~Turn That Frown Upside down~~



~~Be Happy Think Positive~~



Relaxation
Helps



- Useful Contacts
- SAMARITANS 1850 60 90 90
 - AWARE 1890 303 302
 - CHILDLINE 1800 66 66 66
 - BODYWHYS 1890 200 6666

Let someone know.ie