

Mental illness is tough, but you're not alone

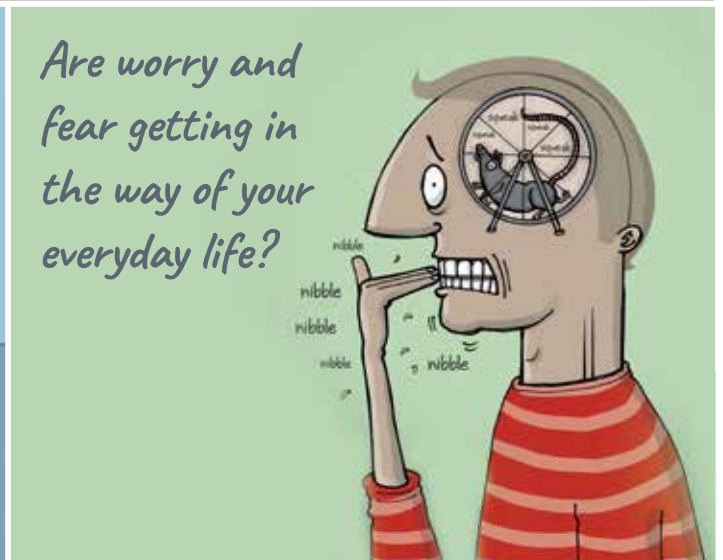
1 in 4

young people experience a mental illness each year, with depression and anxiety being the most common.



Are you feeling down for more time than you're not?

Are worry and fear getting in the way of your everyday life?



Support is available

Putting health in mind



Black Dog Institute