

MENTAL HEALTH ILLNESS CAN MAKE YOU FEEL...



**Don't keep it inside.
Your Pharmacist is here to help**

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MIND. <https://www.mind.org.uk/media-a/2942/mental-health-problems-introduction-2017.pdf>

SANE. www.sane.org.uk/uploads/depression.pdf

Date of preparation : April 2021



Has your Mental Health put a hold on your life?



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MIND. <https://www.mind.org.uk/media-a/2942/mental-health-problems-introduction-2017.pdf>

SANE. www.sane.org.uk/uploads/depression.pdf

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**1 in 4 people will experience a
mental health illness each year.**

You're not alone.

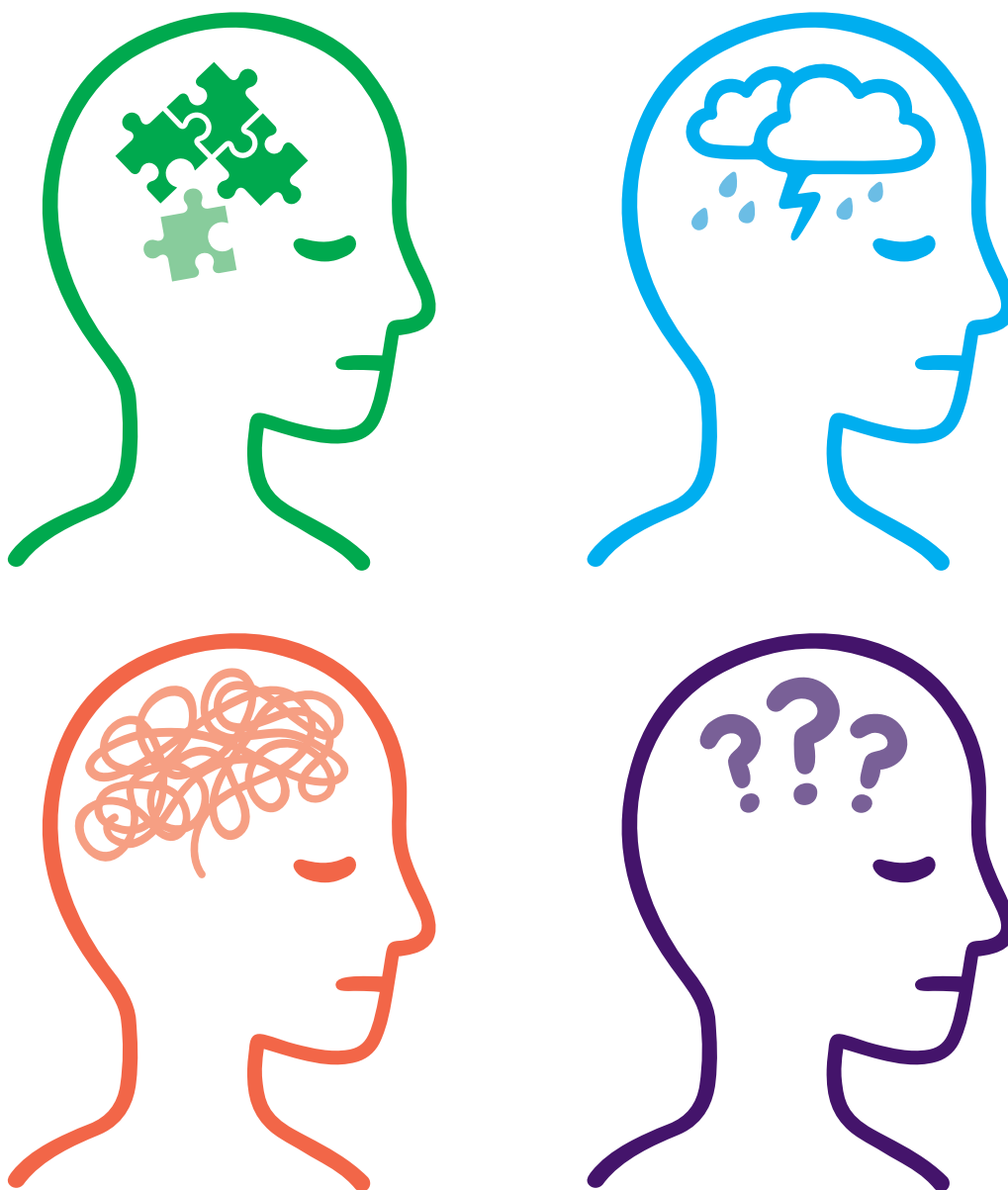
Ask your Pharmacist for advice and support

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NHS Digital. https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/556596/apms-2014-full-rpt.pdf
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It is very common to experience a mental health illness

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