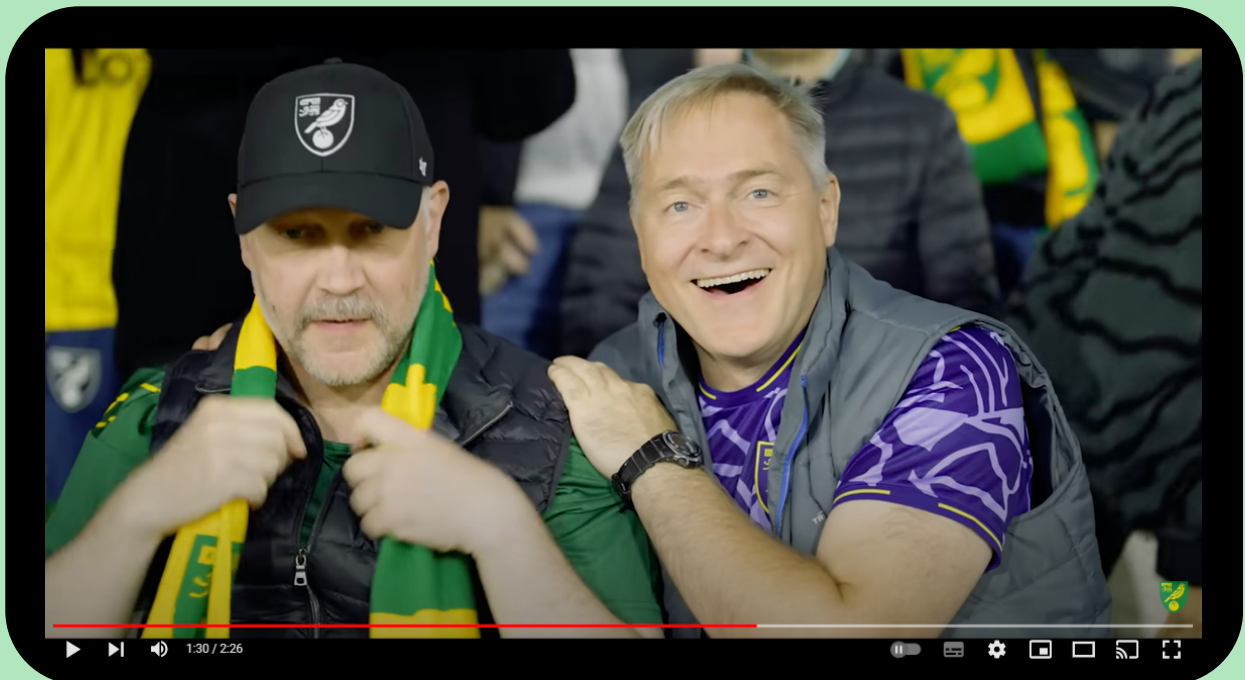


Can you spot the signs?

time to talk week
5th-9th February
mind Rethink Mental Illness.

At times, it can be obvious when someone is struggling to cope.



But sometimes the signs are harder to spot.
Check in on those around you.

Please take 2 minutes to watch this video