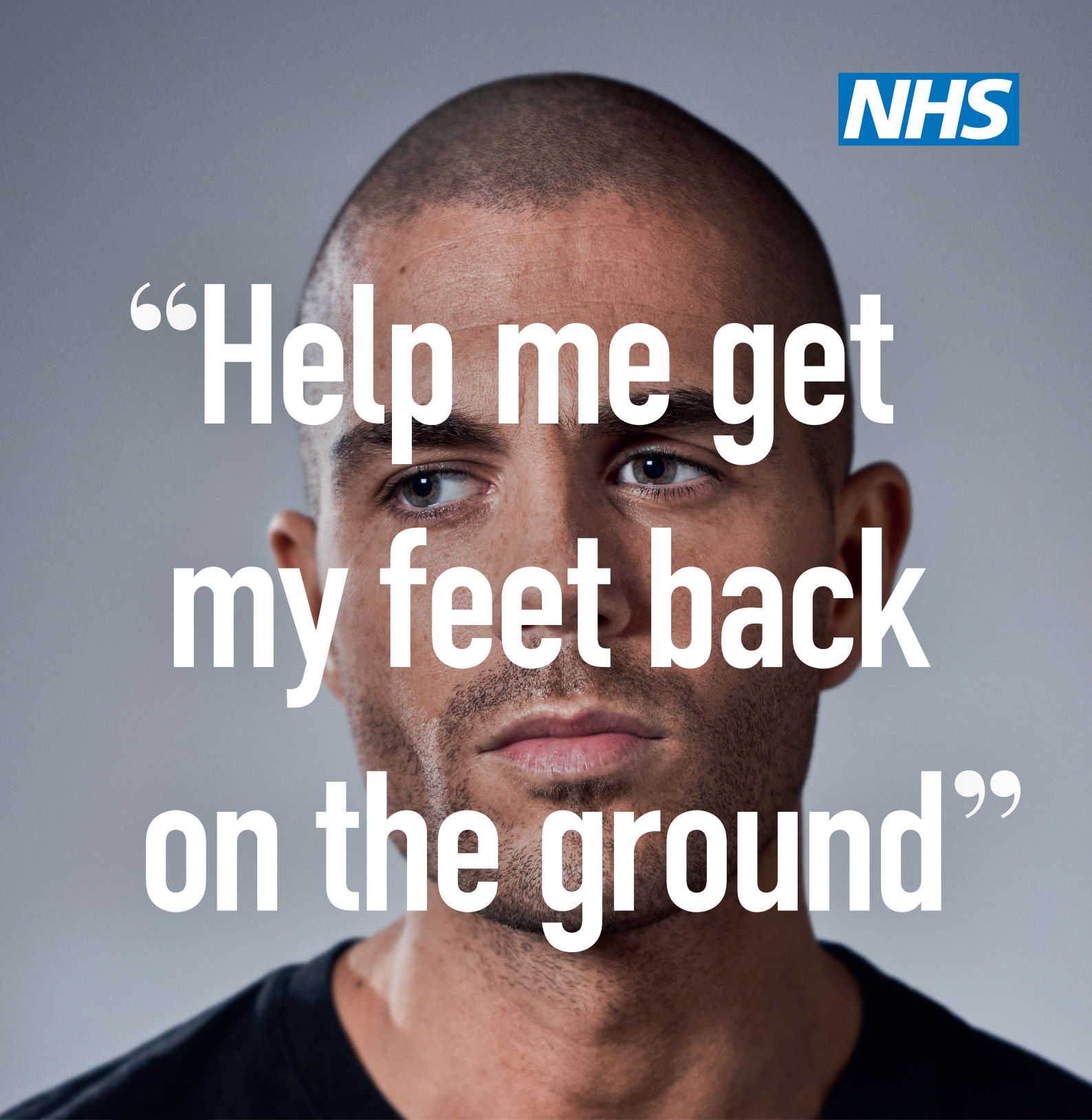


A close-up portrait of a man with a shaved head and light stubble, looking slightly upwards and to the left with a serious expression. The background is a plain, light grey.

“Help me get
my feet back
on the ground”

The NHS is here to help

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you.

Let us help you get your feet back on the ground.
Go to nhs.uk/help

Mental
health
matters

Help us
help you