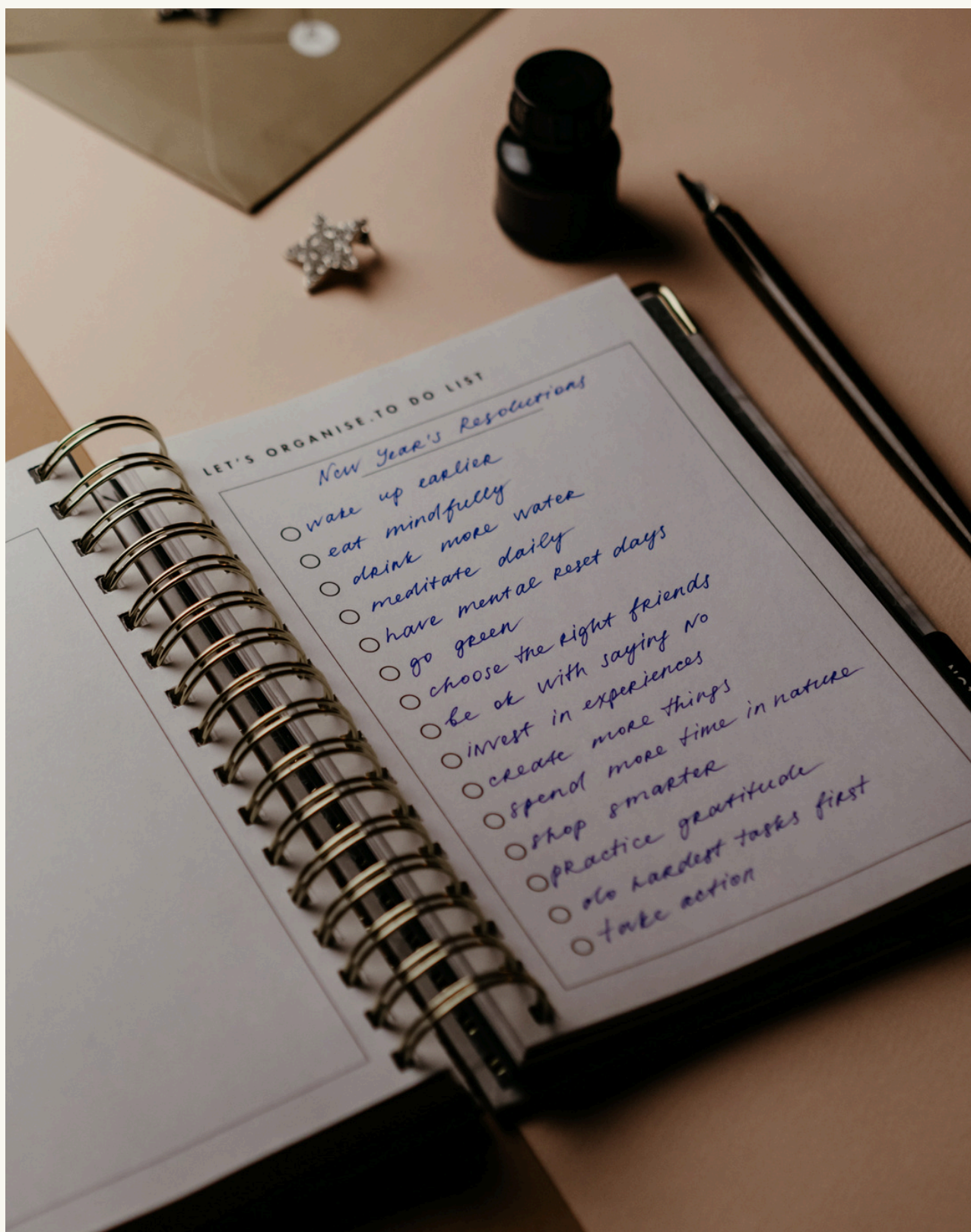


# NEW YEAR, KNOW YOUR STRUGGLES



A Campaign for Awareness, Strength & Real Change



Every year we make a number of resolutions that put pressure on us each and every day.

These pressures if we don't meet them lead us to feel a sense of failure, this feeling damages our mental health, it pushes our minds into a sense of panic that we are somehow not matching up to other people. It makes us look at ourselves in a negative way.

Lets make it new year, same you, more support for positive change whatever that may look like, positive actions each and every day.

This could be go for a walk, make more time for family, cut down the takeaways, what ever it is make it a positive change.

Stop comparing  
Start living YOUR life.



## NEW YEAR, SAME YOU, STRONGER SUPPORT.

24/7 Confidential Helpline-  
07360 533 028 | [helpline@sixmha.org](mailto:helpline@sixmha.org)

[www.sixmha.org](http://www.sixmha.org)  
Scan for the SIX MHA App - DVG-  
410-935

