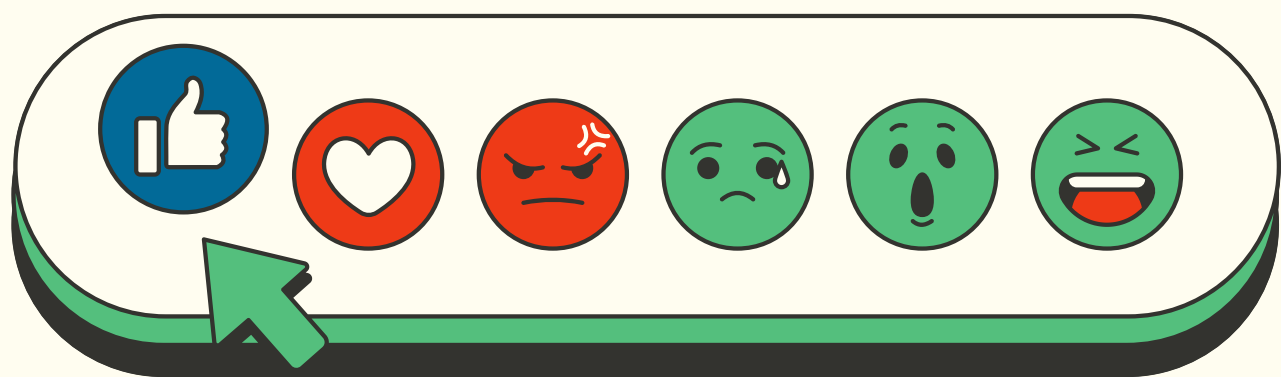


RESETTING OUR ONLINE LIVES



**A CAMPAIGN TO
ADDRESS DIGITAL
ADDICTION**

**UNPLUG.
REFLECT.
RECONNECT.**



We live in a world where we are becoming more dependent on online connections and more disconnected from reality.

We use our devices for everything, and we are losing our ability to form real relationships. We mistake digital acquaintance and likes for real friendship and connection.

Make it your mission to unplug for an hour a day, to take a walk, go for a coffee with a friend, all of these things help us break our addiction to the digital world.



**WELCOME BACK TO THE
COMMUNITY.**



24/7 Confidential Helpline-
07897 073 682 |
helpline@sixmha.org

www.sixmha.org
Scan for the SIX MHA
App - MKM-106-344

