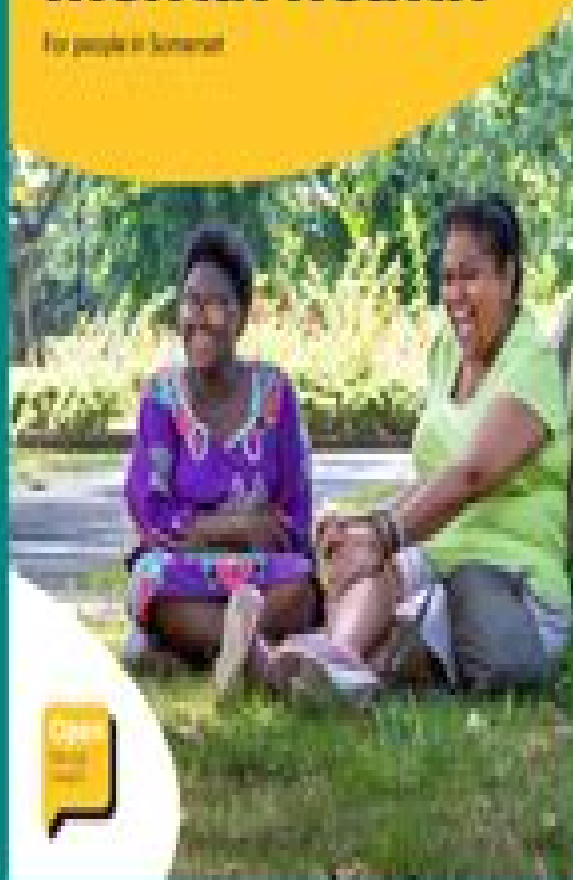


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Guide to good mental health

For people in Somerset



What is mental health?



Mental health is about our emotions, feelings, and thoughts.



Sometimes people feel sad or worried, and this is normal.



But when people feel like this often, it may be a sign of a mental health issue.



Mental health issues can affect your body too.



For example, when people worry a lot, they may notice their heart beats faster. Or they feel sick.



Everyone needs to look after their mental health.



This guide is to help people understand more about mental health.



And learn how to take care of it.



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