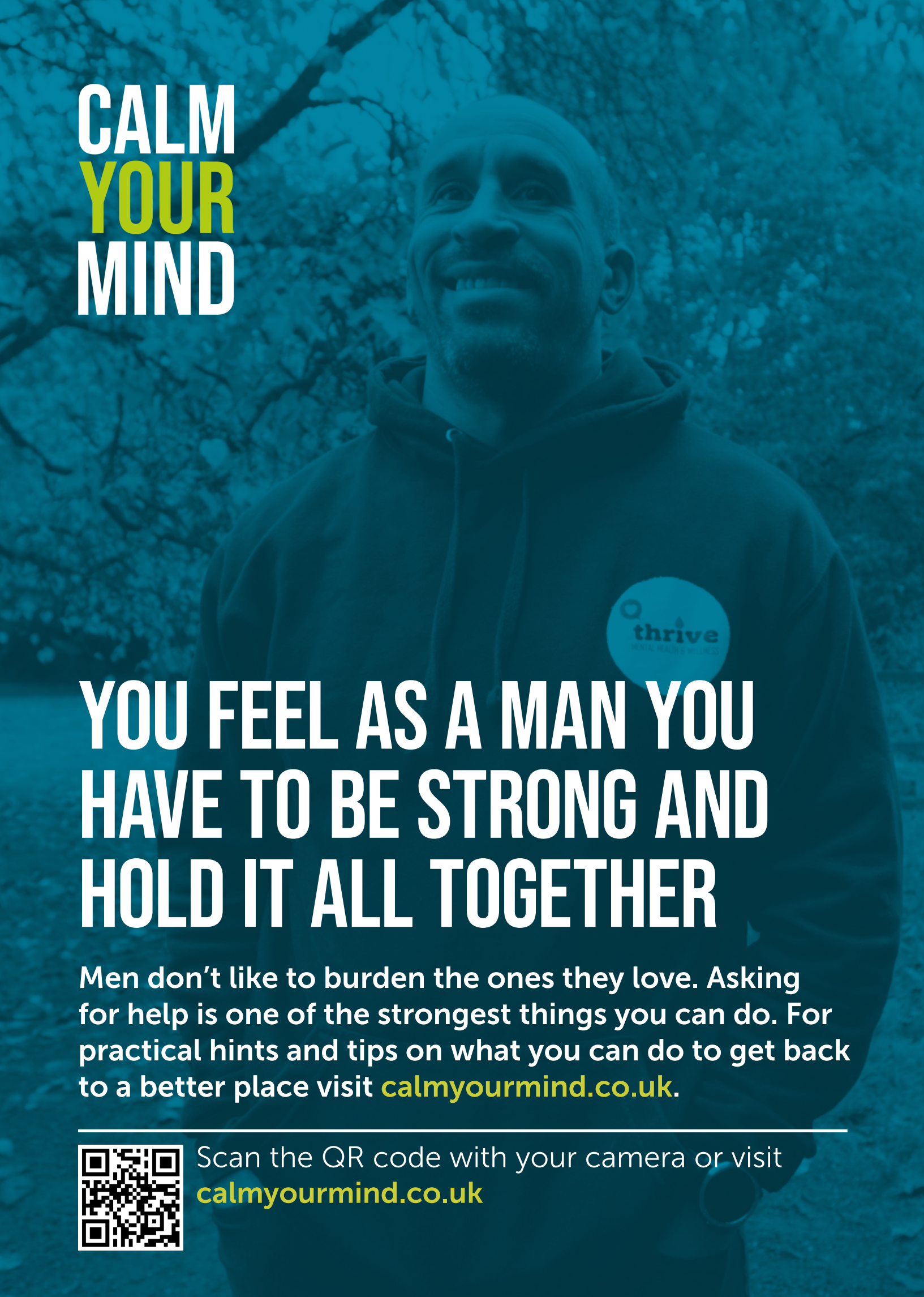




# CALM YOUR MIND

## YOU FEEL AS A MAN YOU HAVE TO BE STRONG AND HOLD IT ALL TOGETHER

Men don't like to burden the ones they love. Asking for help is one of the strongest things you can do. For practical hints and tips on what you can do to get back to a better place visit [calmyourmind.co.uk](https://calmyourmind.co.uk).



Scan the QR code with your camera or visit  
[calmyourmind.co.uk](https://calmyourmind.co.uk)