



**CALM  
YOUR  
MIND**

**WHEN I TRY TO TALK  
ABOUT MY FEELINGS ITS  
BRUSHED OFF AS NOTHING.**

Life doesn't always run smoothly. For advice  
hints and tips on keeping yourself well, visit  
Calm your Mind.



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