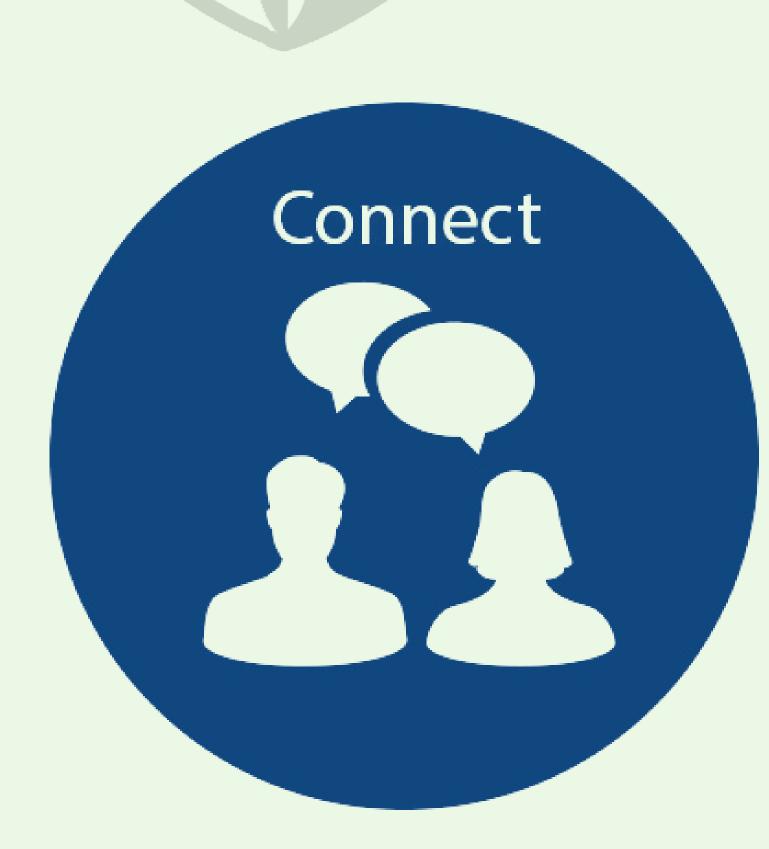


CONNECT- Keep in touch with friends and family. Call round and see people, make phone calls, send texts or use video calling.





BE ACTIVE - Play games with your friends, join a local club or gym, go for a walk or run.

GIVE - Caring for others can help our own mental health. Offer support to freinds and family. Volunteer at a local club or group.





KEEP LEARNING - Find out more about somthing that interests you. Learn a new skill, read books and take up a new hobby.

TAKE NOTICE - Notice the beauty around you. Take notice of all the positive things and people in your community.





