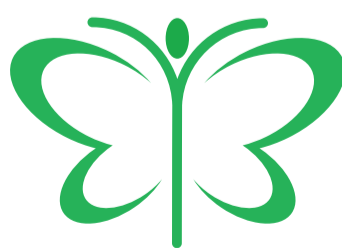
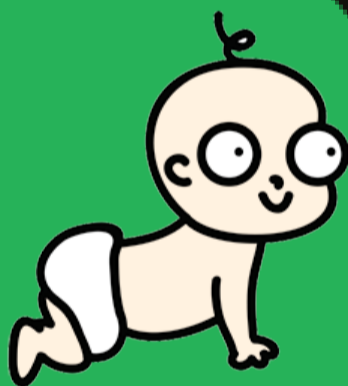


Guidelines for Good Mental Health

1. Share your worries before they become too overwhelming.
2. Seek assistance early; do not be ashamed to ask for help.
3. Hold on to positive experiences; they get you through the tough times.
4. Focus on what you can do, and not what you cannot do.
5. Stay active! Regular exercise is good for your mental health.
6. Do something nice for yourself or others every day.

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