

everyone has MENTAL HEALTH?

TALKING ABOUT YOUR MENTAL HEALTH HELPS YOU
AND EVERYONE ELSE TO UNDERSTAND IT BETTER

1 in 4 people will have a mental health problem in their life

5 WAYS TO WELLBEING...

CONNECT

BE ACTIVE

mark YOUR MIND

LEARN

HELP OTHERS

You can get help in Tower Hamlets. Have you checked out

www.themix.org.uk/local/tower-hamlets

These activities are being supported by NHS Tower Hamlets Clinical Commissioning Group as part of the Tower Hamlets children and young people's mental health Transformation Plan.

YOUNGMINDS
The voice for young people's mental health and wellbeing



NHS
Tower Hamlets
Clinical Commissioning Group