

# MAY IS MENTAL HEALTH MONTH

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## LOOK AROUND, LOOK WITHIN

MANY FACTORS COME INTO PLAY  
WHEN IT COMES TO MENTAL HEALTH.

TAKE SOME TIME TO *LOOK AROUND*  
AND MAKE NOTE OF YOUR  
SURROUNDINGS, AND *LOOK WITHIN*  
TO SEE HOW THEY MIGHT BE  
AFFECTING YOU.



A MENTAL HEALTH TEST IS ONE OF THE EASIEST WAYS  
TO CHECK IN ON YOURSELF IF SOMETHING DOESN'T  
FEEL QUITE RIGHT.

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