Good Mental Health

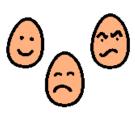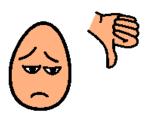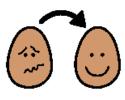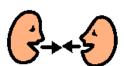|	
Mental Health is about how we feel inside	Sometimes we feel good
Sometimes we do not	There are things you can do to help you feel good
Eat healthy food - Fruit and Vegetables	Do some exercise - Go for a walk
Get a good sleep	If you do not feel good talk to your doctor or carer

? If you need more help with mental health:

You can phone the free Healthline on 0500 20 20 30

Or go to your local Healthpoint:

Aberdeen Market, Monday - Saturday, 10.00am - 4.00pm

ARI Concourse, Monday - Friday, 10.00am - 4.00pm

1-3 Kirk St Peterhead, Tuesday - Friday 11.00am - 3.00pm

Healthpoint is a place where you can get free advice and information about your health

CGD 100214