

GET INSIDE SOMEONE ELSE'S HEAD

Roughly 85% of employees mental health conditions are undiagnosed or untreated

Visit mind.org.uk for more information on how we can bridge the treatment gap

Why do you look tired?

I just went to bed late

Something must be wrong with me. Why can't I just fall asleep without facing a battle in my head

I don't want to waste anyone's time, I'll just get on with it

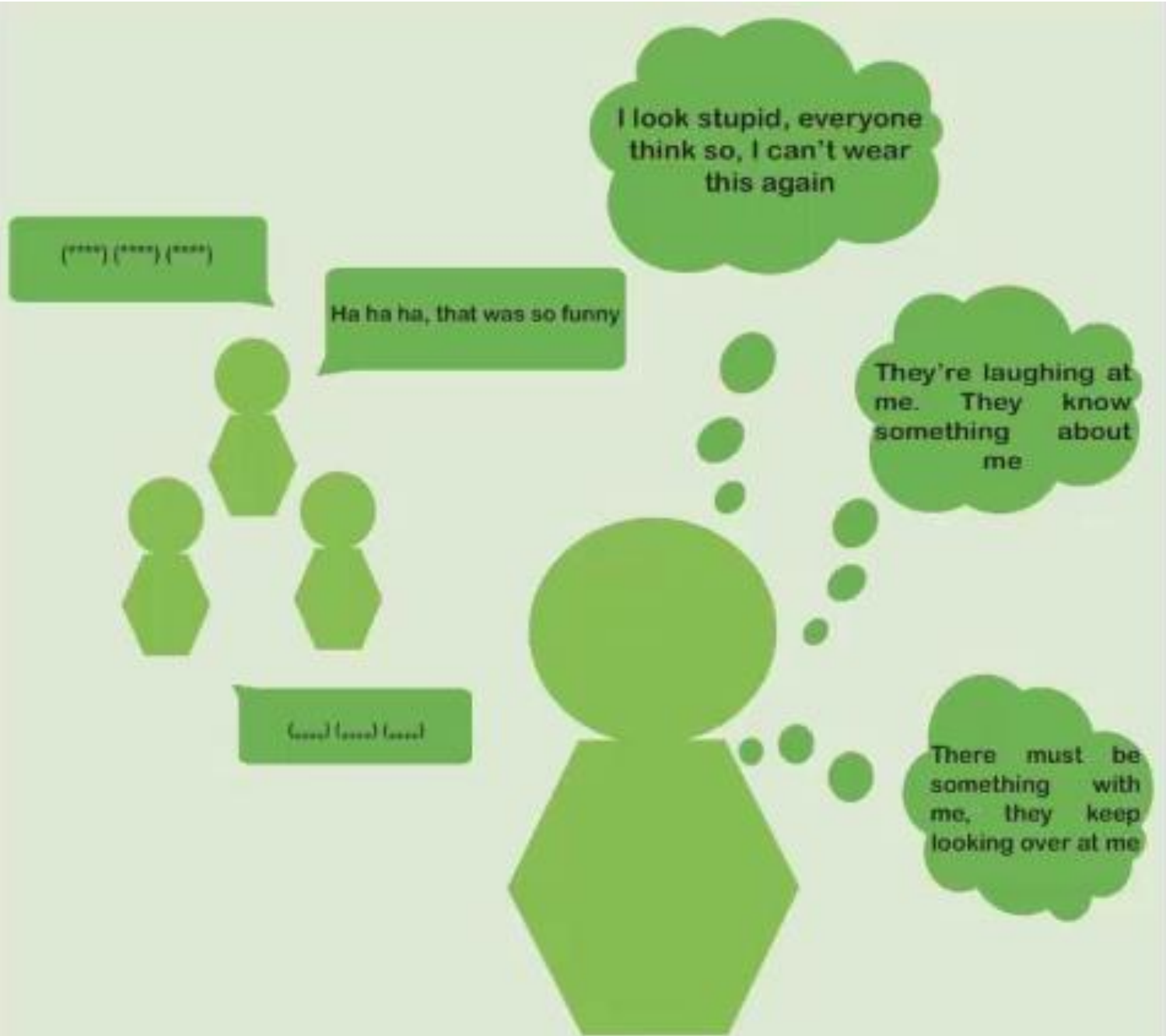
I guess it's just part of life and I have to deal with it silently



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28% of people who suffer from mental health wait for more than a year to tell their family about their problem

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Globally, 1 in 13 people suffer from anxiety,

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Postpartum Depression affects every
1 in 10 women

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