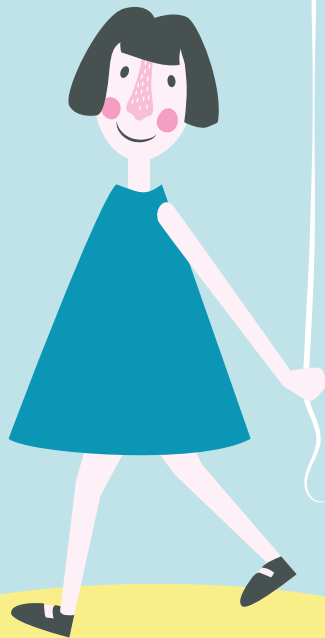
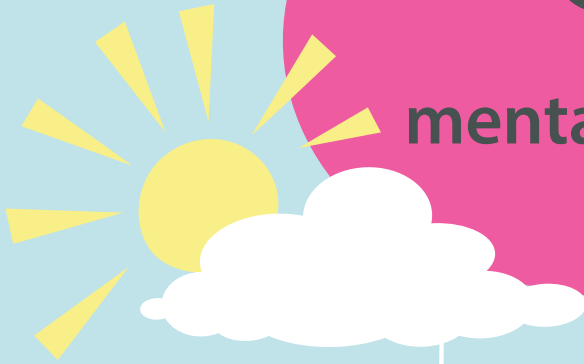


Everyone has  
mental HEALTH...



Sometimes it's good.

Sometimes it's not.



[www.cornwall.gov.uk/howareyou](http://www.cornwall.gov.uk/howareyou)

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Towards Zero  
Collaborative

Pick up a leaflet for tips on how to talk  
to your friends about mental health.