



FIRST MENTAL HEALTH GAME

for Mental Health
Awareness Month

Proudly supporting



BREAKTHROUGH
mental health research foundation

Know the
5 signs
of mental
distress

1. Are you not feeling yourself?
2. Are you becoming withdrawn?
3. Are you becoming agitated?
4. Have you started to neglect yourself?
5. Do you have feelings of hopelessness?

And the 4 actions for
emotional wellbeing:

1. Talk to someone you trust or visit your GP.
2. Spend time with your family and friends.
3. Rest, relax and recharge.
4. Be kind to yourself and others.