



Mental Health Literacy Campaign

“Make the connection” between common mental health difficulties and know how and when to get support



Many of us find it hard to recognise that **lack of sleep, low mood, anxiety and stress** are all part of our mental health because they are often considered as the result of other factors that happen outside of ourselves like work and lifestyle choices. But over time, they can lead us to experiencing poor mental health. When we understand that these four difficulties impact one another, we can focus on improving one, to help improve the rest. Making the connection helps us maintain our mental health before it becomes harder to manage. By developing our language and understanding around our mental health, we can then act and find support when we need it.



Make a Connection by Making a Connection

Start a conversation with yourself and others

D’ya know many of us experience common mental health difficulties such as anxiety, ongoing stress, low mood or trouble sleeping. When you’re not feeling yourself, it can be hard to connect the signs. Time to find support that can help.

Recognition Notice how we can all experience poor mental health

Making the Connection between common mental health difficulties and know that one can impact another- together and over time, they can lead to poor mental health

Language Articulate your experience

Understanding Develop self- awareness

Action Intervene early and seek support

Start building your own mental health literacy levels and find ways to support someone else on

