

IF TENSION OR TROUBLES ARE BECOMING TOO MUCH FOR YOU OR YOU KNOW SOMEONE WITH MENTAL DISTRESS

GO FOR HELP



ARE YOU FEELING TIRED OR HAVE LITTLE ENERGY?

ARE YOU FEELING DOWN MOST OF THE TIME?

ARE YOU FEELING LIKE THE FUTURE IS

HOPELESS AND BLEAK?

YOU MAY BE SHOWING SYMPTOMS OF DEPRESSION.



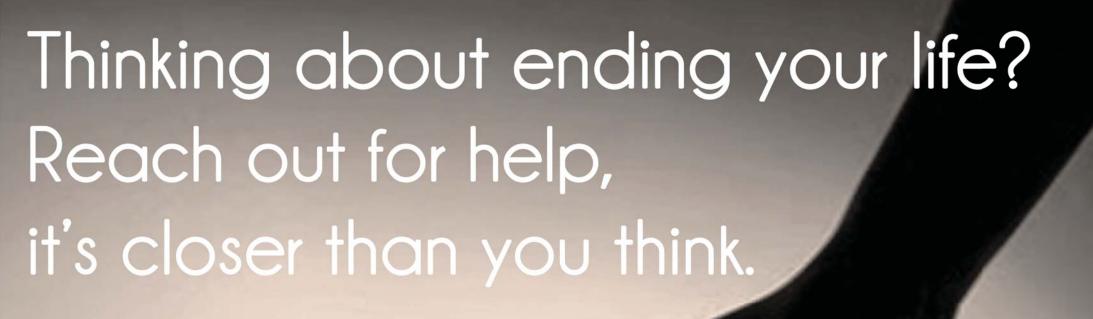
DEPRESSION IS TREATABLE. GO FOR HELP.





SHE IS A HUMAN TOO. TREAT HER AS ONE.





Call 1860 266 2345 24 hours a day 7 days a week To talk to a trained counsellor

