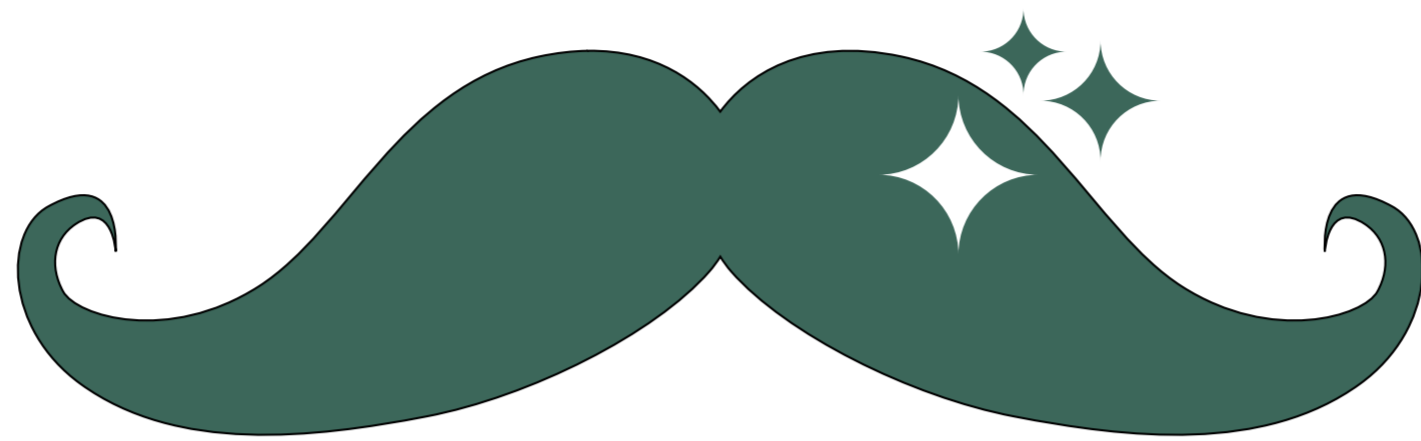


FEEL

FAN-TACHE-TIC



FOR MOVEMBER AND BEYOND



If you're feeling tension that just won't go away, you may be dealing with stress



If you're worried and can't control this feeling, you may be dealing with anxiety



If your mood is low for a long time, you may be dealing with depression

www.cassbristol.org | Mental health resources and information

www.bristolmentalhealth.org | Services in Bristol

www.time-to-change.org.uk | Resources and self-help for challenging stigma

www.samaritans.org - 116 123 (freephone) | If you or someone you know needs to talk confidentially



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