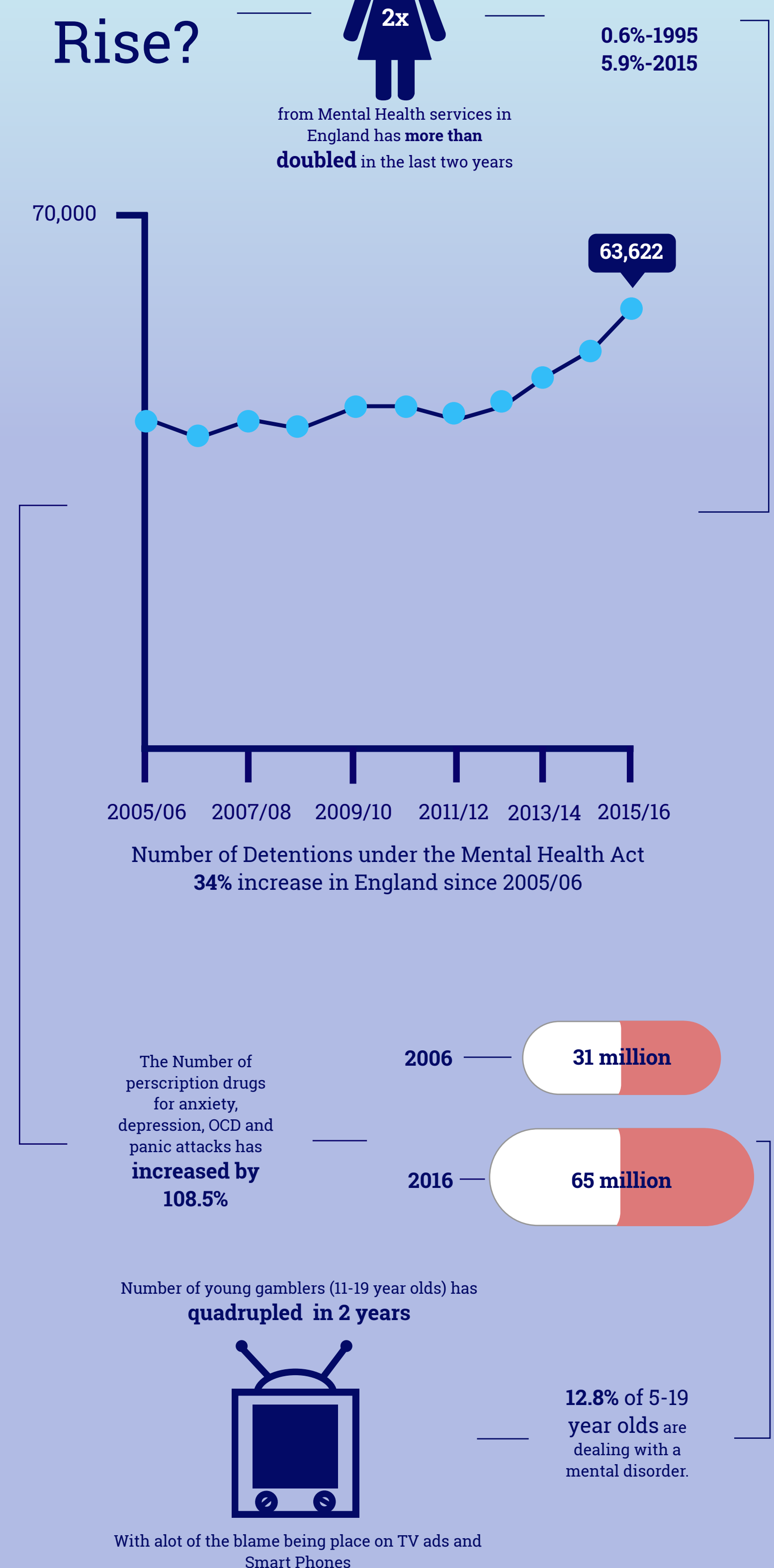
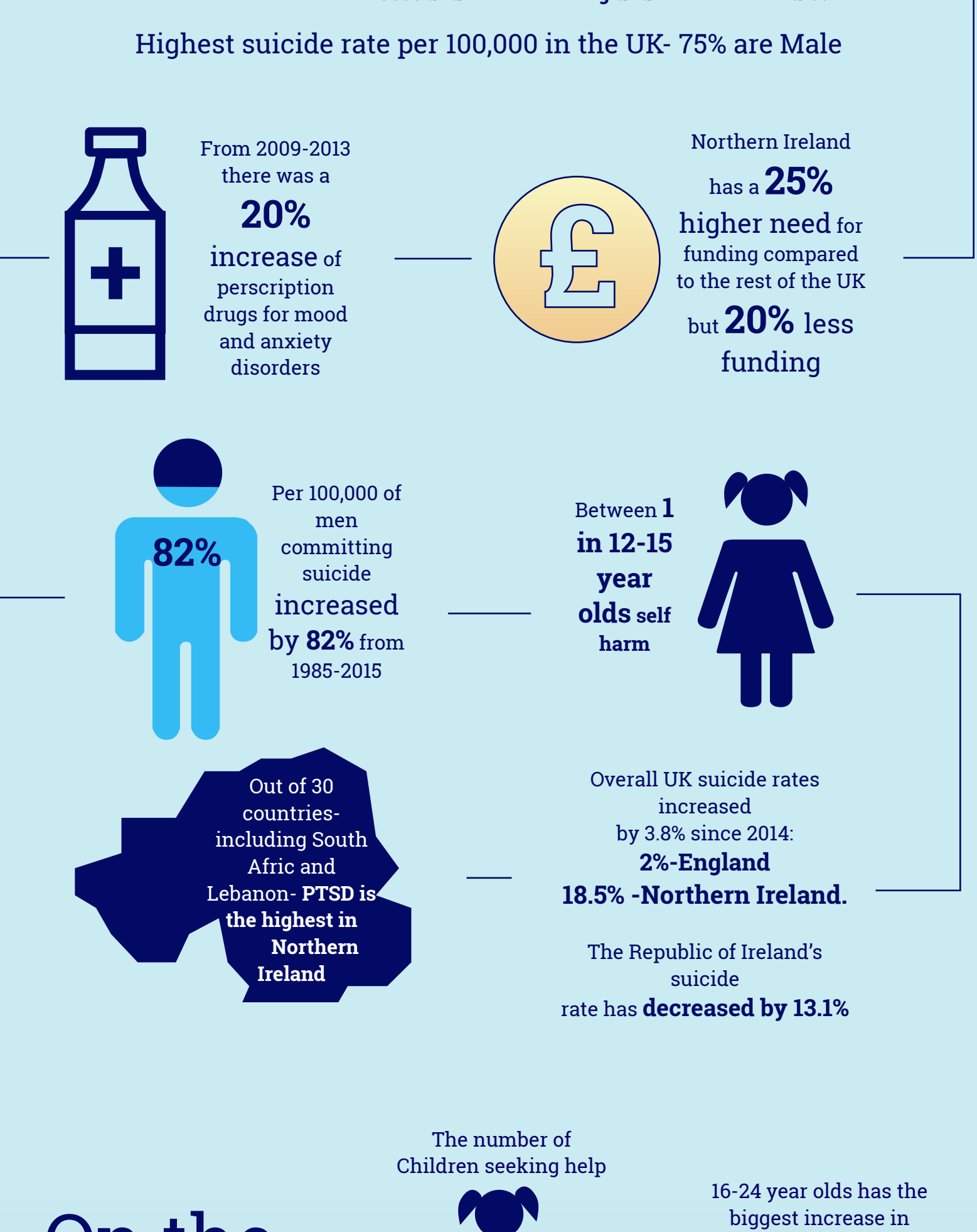
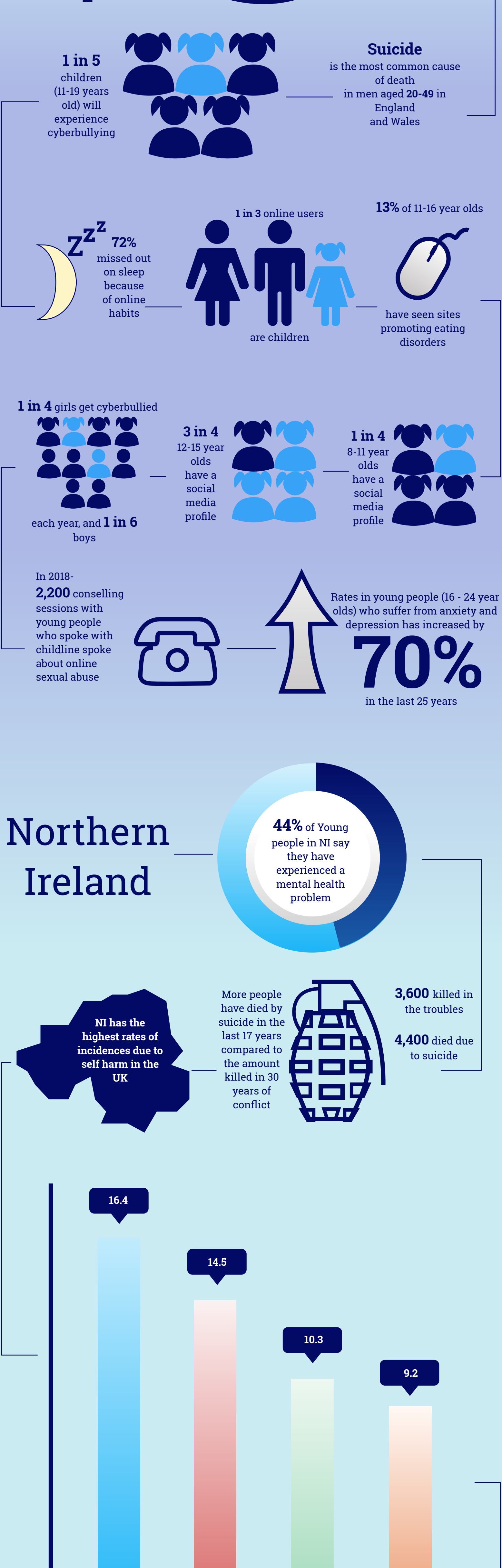
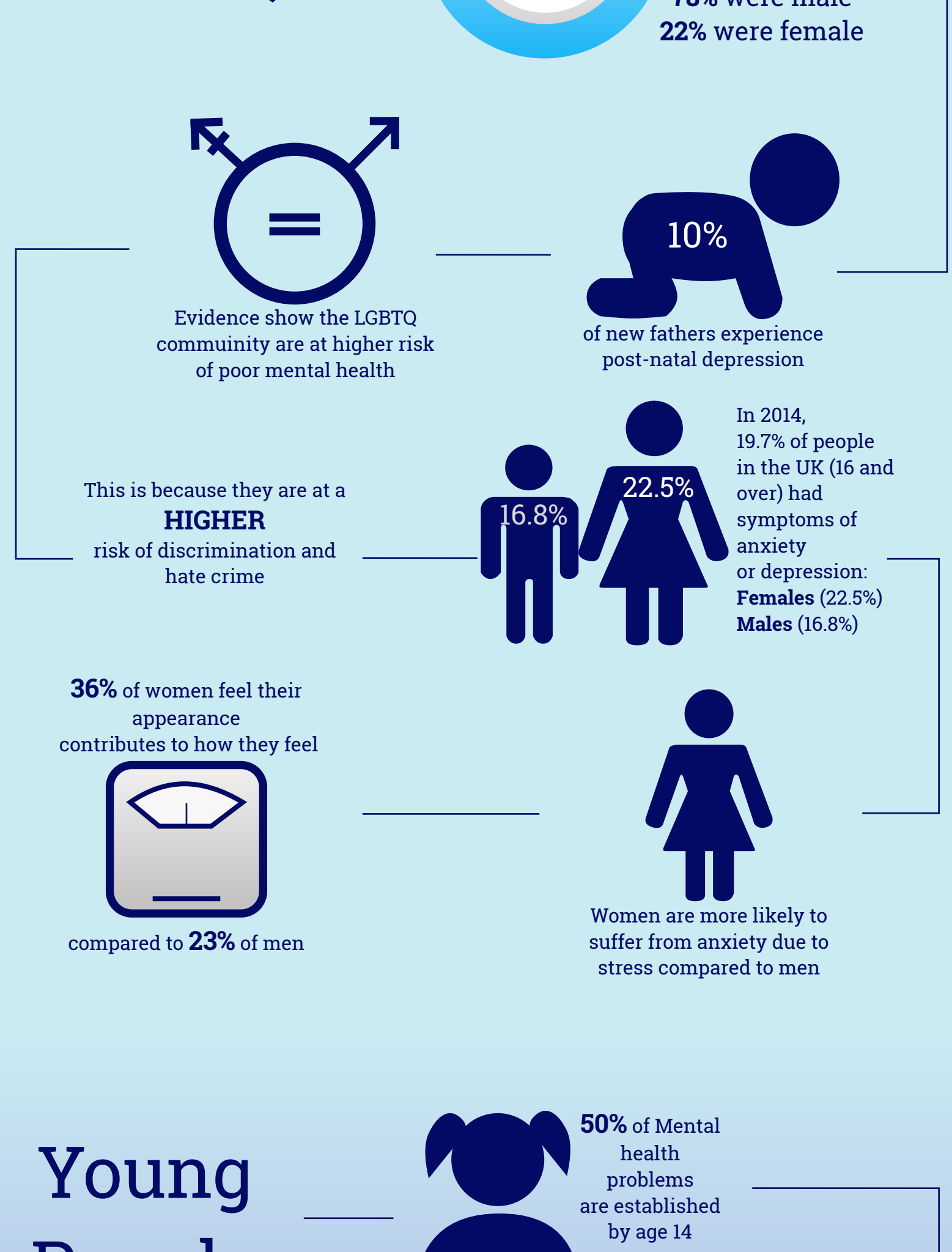
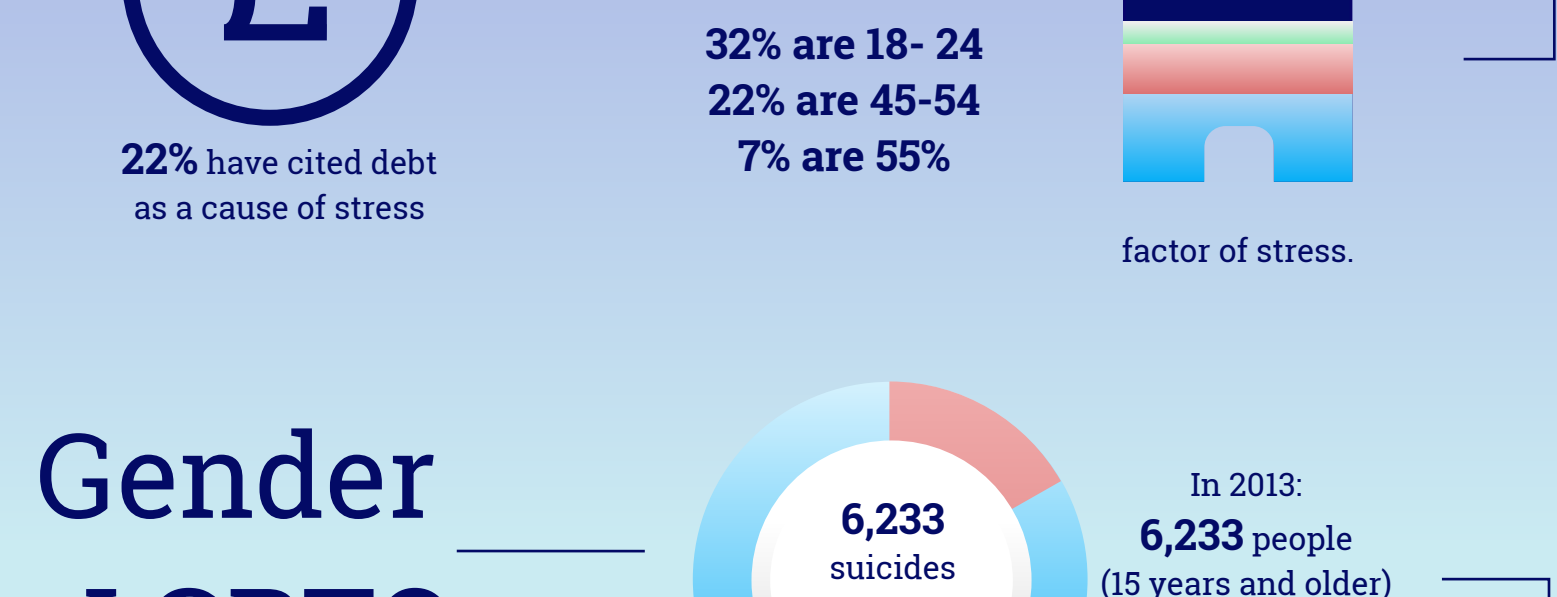
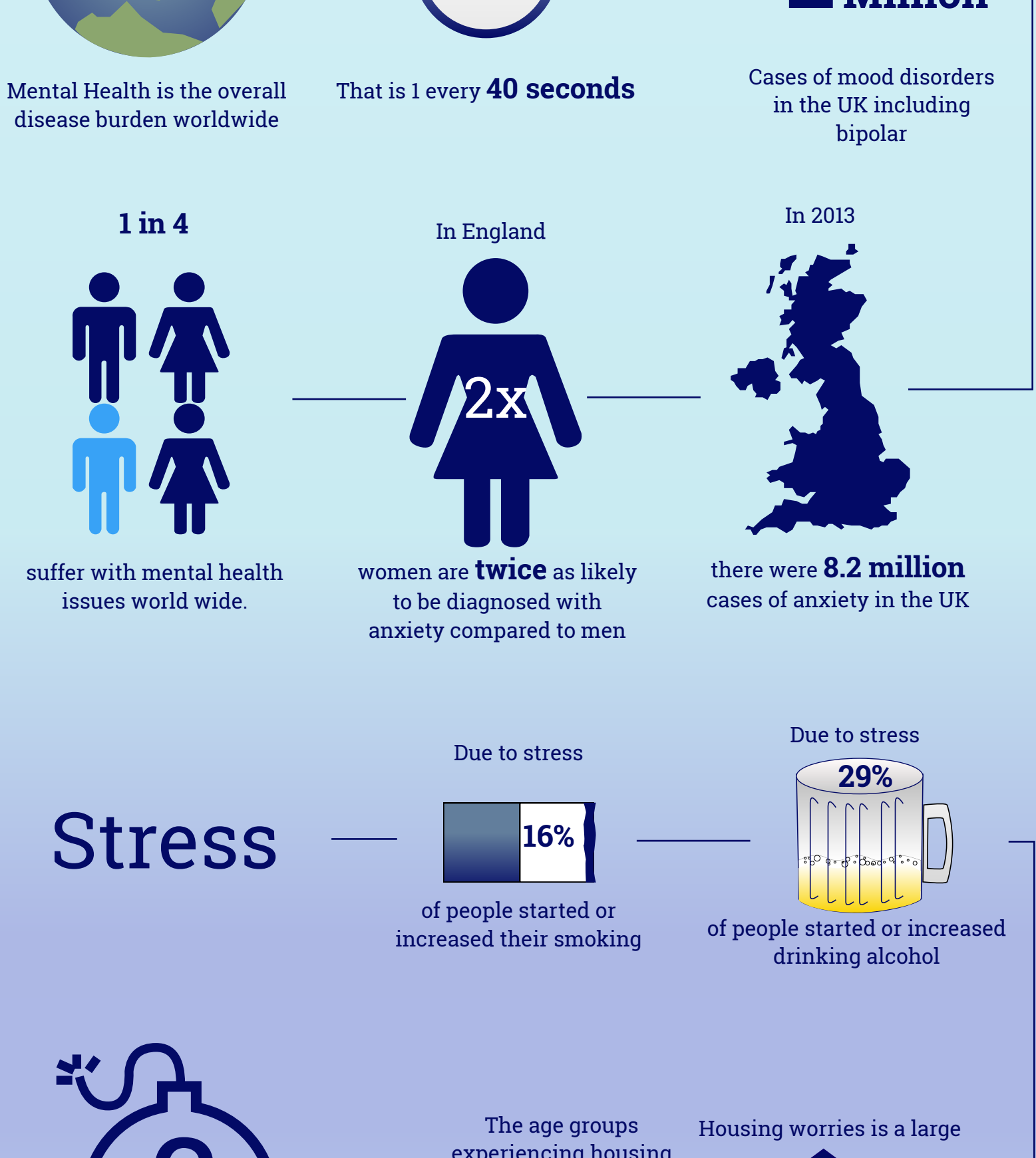


# Mental Health in the UK



For anyone suffering from poor mental health- **You are not alone**  
Please seek help.

**Lifeline -0808 808 8000**      **The Samaritans -028 9066 4422**

**Childline - (Telephone) 0800 1111**

Sources-<https://ailsiseburns.github.io/infographic/sources.html>