

Mental Health Awareness

# STAY MOTIVATED, STAY FOCUSED

All the best for your exams!

- 1 in 4 people worldwide will experience a mental health issue at some point in their lives.
  - You are not alone.
- Mental health affects how we think, feel, and act every day — not just during crises.
- Talking openly about mental health reduces stigma and helps more people seek support.



Toll free no-1800-89-14416

Tele-manas