

Mobile phones / small devices
 <576px
 .col-
 .col-sm-

Tablets ≥768px
 .col-md-

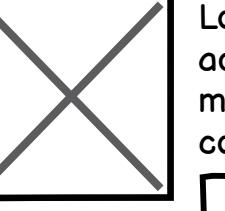
PC or Larger
 Large desktops ≥1200px .col-xl-
 Potentially also for Desktops ≥992px
 .col-lg-
 Depending on the results

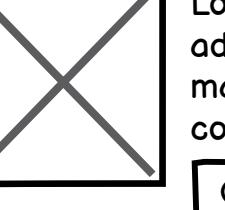
MH Awareness 

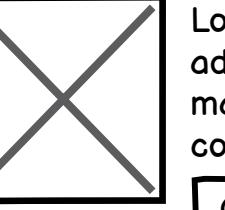
Hero Title

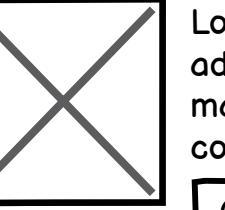
Lead Text

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Card Title

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Resources Title
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  Copyright Details

Navbar Section
 navbar-light bg-light

Hero Section
 Title
 Lead Text - short quote of affirmation
 Paragraph
 Hero Image
CTA button

Card Section
 Card Image
 Card Title
 Card Description
 Call To Action Button
 Must Have
 o Stress Basics
 o Sleep Tips
 o Mindfulness
 Should Have
 o Nutrition & Mental Health
 o Exercise & Mood
 o Professional Help (when to seek therapy)
 NHS, Mind, Samaritans, Other Potentially Expand into categories:
 o National Services
 o Local Support
 o Youth Mental Health
 o LGBTQ+ Resources
 Use row + col-md-3 for desktop layout

If you or someone else is in danger, call 999 or go to A&E now
 If you need urgent help, contact:

Mental Health Awareness 

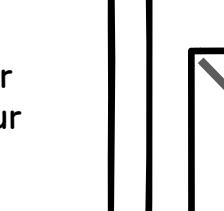
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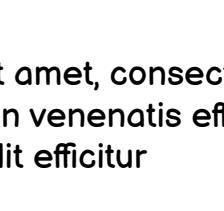
Lead Text

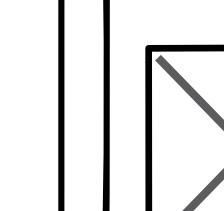
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Mental Health Awareness 

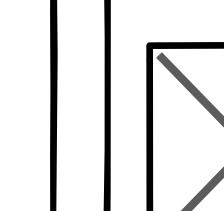
Hero Title

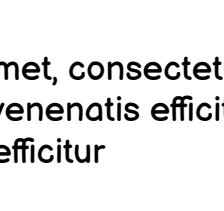
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Footer Section
 Could have:
 Newsletter