

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

Hero Title

Lead Text

CTA Button

Card Title

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CTA Button

Resources Title

CTA Button CTA Button CTA Button CTA Button

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, for your mental

Footer Section
Could have:
Newsletter



Mental Health Awareness

Home Topics Resources Emergency

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Resources Title

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Copyright Details

Mental Health Awareness

Home Topics Resources Emergency

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