

A close-up photograph of a woman with long, wavy blonde hair and blue eyes, looking slightly to the side with a neutral expression. She is wearing a dark green turtleneck sweater.

“Every now
and then I feel
so insecure”

The NHS is here to help

Feelings of anxiety and depression can affect us all. If you need help with your mental health, you can refer yourself, or your GP can refer you.

Let us help you get your feet back on the ground.
Go to [nhs.uk/help](https://www.nhs.uk/help)

Mental
health
matters

Help us
help you