



I'D RATHER ADMIT I'M A BAD DRIVER

Let's talk about feeling down.

It may feel like the last thing you want to talk about. In fact, as many as one in four of us will experience a mental health problem this year. In other words, feeling down is pretty common. It's bottling it up that causes the problem. Your GP can help in more ways than you think - it's not just drugs or therapy.

How are you? Let's talk about it.

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