



# I'D RATHER ADMIT I CAN'T GET IT UP

Let's talk about feeling crap.

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 crap 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.

Feeling crap is no crime. So let's talk about it.

[menshealthforum.org.uk](http://menshealthforum.org.uk)

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