

RECOGNISE YOUR INNER STRENGTH.

FLOWERS ARE
OFTEN PULLED
FROM THE EARTH,
BUT THEY STILL
HAVE THE ROOTS
AND THE ABILITY WITHIN THEM
TO REGROW,
YOU DO TOO.

James McInerney
@poetryproject08
#brighterjourneys

**BRIGHTER
JOURNEYS**



For help with your mental health, download
the Hub of Hope app at hubofhope.co.uk

Hub of Hope 
Provided by
CHASING THE STIGMA

 **National Rail**

NetworkRail
