

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.

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#brighterjourneys

**BRIGHTER  
JOURNEYS**



For help with your mental health, download  
the Hub of Hope app at [hubofhope.co.uk](https://hubofhope.co.uk)