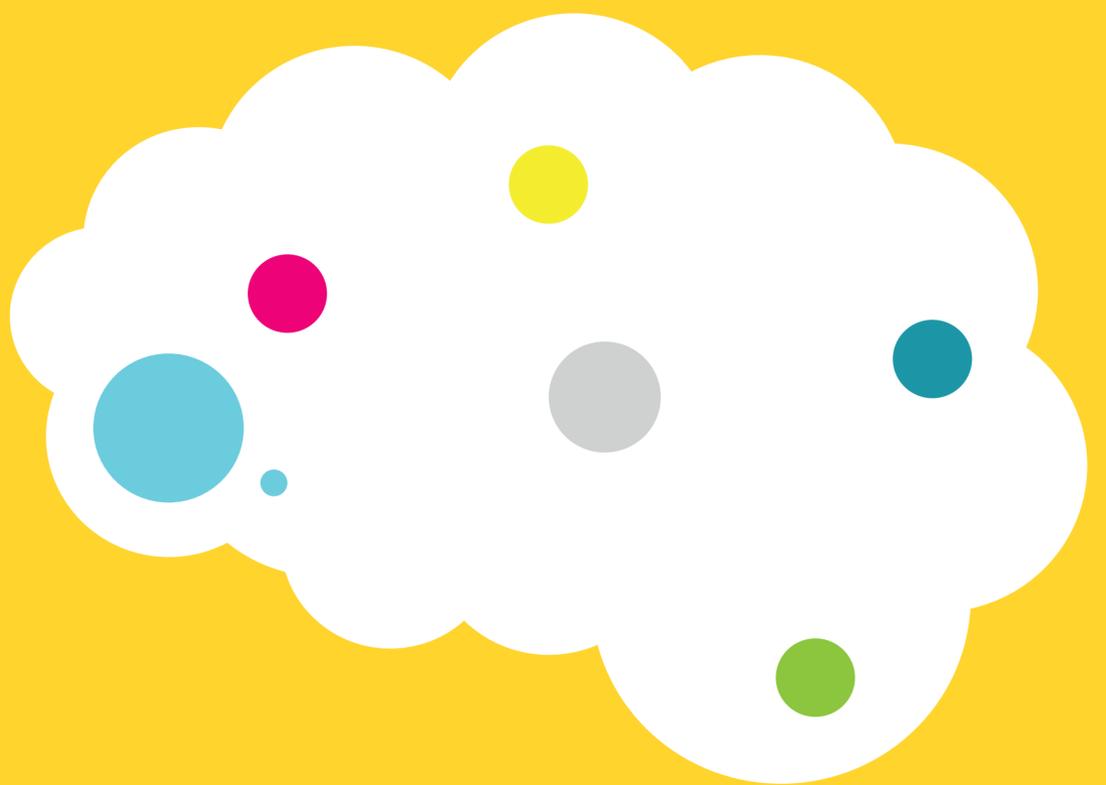**Better Health** | every mind matters

NHS

Discover simple steps to help look after your mental wellbeing

Search Every Mind Matters

Supported by **National Rail** **NetworkRail**