



# TOGETHER FOR MENTAL HEALTH

**Making Mental Health  
Matter, Together.**

**SCAN**



# WHY DOES MENTAL HEALTH MATTER TO YOU?

Making Mental Health Matter, Together.

**YOU ARE NOT ALONE**



**0800 456 789**

**Cipla**





TALKING ABOUT

MENTAL HEALTH

COULD & SHOULD BE



AS NORMAL AS TALKING

ABOUT PHYSICAL HEALTH

#TOGETHERFORMENTALHEALTH

**LEAVE A MESSAGE OF HOPE...**

**If you need help, call us on:**



**0800 456 789**

**Cipla**



**YOU DON'T HAVE TO  
FACE IT ALONE.  
TALK TO SOMEONE.**





0800 456 789



[www.sadag.org](http://www.sadag.org)





# It's Okay to Ask for Help

Your Mental Health  
is a priority



Leave a  
message  
of Hope

24/7 Mental Health Helpline: 0800 456 789