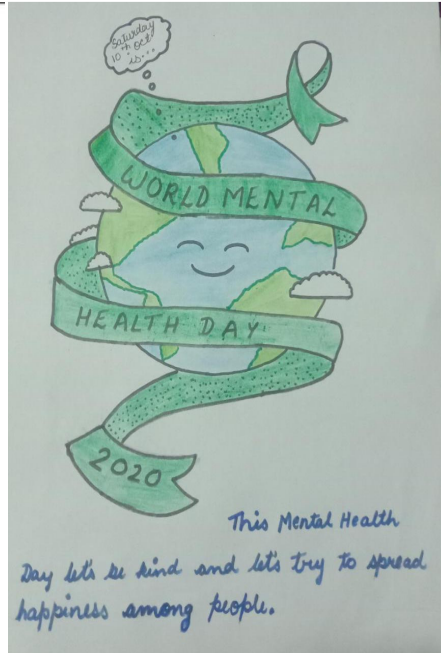


World Mental Health Day



CONNECTED

1. Be cautious about fake news. Avoid arguments online.

2. Follow the recommendations of the dept. of health.

3. Adapt a regular routine at home or at work to give a sense of purpose.

4. Do things that you enjoy and make you feel good.

5. Reach out to trusted person or seek mental health support from mental health/counselling services.

6. Practice empathy and compassion. Find ways to help those in need.