



# facts about mental health

SUICIDE IS  
THE SECOND  
MOST  
COMMON  
DEATH CAUSE  
IN YOUNG  
PEOPLE

mental health means a state of mental wellbeing that enables people to cope with the stresses with life

many people have different mental health problems

**It is not uncommon to struggle with a mental health problems**

one in 6 young people struggle with a mental health problem, you are certainly not alone , there are so maany other people with mental health problems

