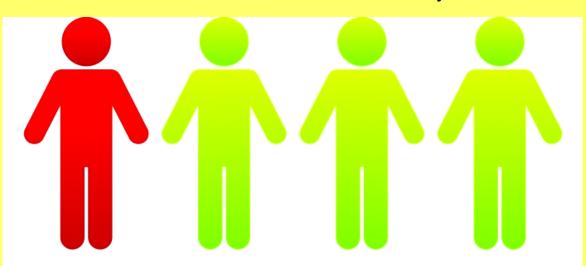






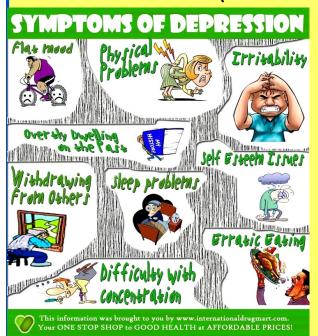
## **HEALTH MATTERS**

**Mental Health Week 8 - 14 May** 



One in four people has a mental illness.
You can be the one that helps.

Fact: Depression is the No. 1 cause of ill health and disability around the world (World Health Organisation)



Written by Esther John & Natalie Waghorn

Marian Kanes - Health Promotion Trainer <a href="mailto:hp.trainer@publichealth.gov.sh">hp.trainer@publichealth.gov.sh</a>

## **Symptoms of Anxiety**



Help is at hand, contact the St Helena Mental Health Team at St John's Villa on tel: 22593

> Marian Yon - Health Promotion Coordinator <u>marian.yon@publichealth.gov.sh</u>