

A close-up portrait of a woman with dark hair tied back, smiling warmly at the camera. She is wearing a dark-colored top. The background is blurred, showing what appears to be a grocery store aisle.

Discover simple steps to look after your mental health

Every Mind Matters will get you started with a free online plan designed to help you deal with stress and anxiety, boost your mood, improve your sleep and feel more in control.

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The 'every mind matters' logo, which features the text in a blue, rounded font inside a yellow, cloud-like shape.

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