

A close-up portrait of a Black man with a full beard, smiling broadly. He is wearing a dark blue baseball cap and a light-colored jacket. The background is blurred, suggesting an outdoor setting.

# 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.

Find your way to better mental health.

**Search every mind matters**

The 'Every Mind Matters' logo, which features the text 'every mind matters' in a blue, lowercase, sans-serif font. The text is contained within a bright yellow, cloud-like shape with a scalloped edge.

every mind  
matters