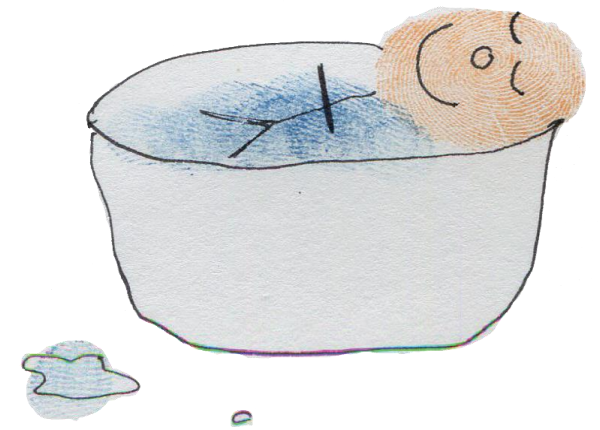


# What is mental health?



We all have mental health.

Mental health is about our feelings, our thinking, our emotions and our moods.

Looking after our mental health is important.