



Health and
Social Care



Public Health
Agency

www.mindingyourhead.info

WORLD SUICIDE PREVENTION &
WORLD MENTAL HEALTH DAY 2021

HOLDING
ON TO
HOPE
IN A
CHANGING
WORLD



If you are in distress or despair, call Lifeline
and speak to a counsellor immediately



SCAN THE QR CODE TO TAKE
YOUR HOPEFULNESS QUIZ

HOW
HOPEFUL
ARE
YOU?