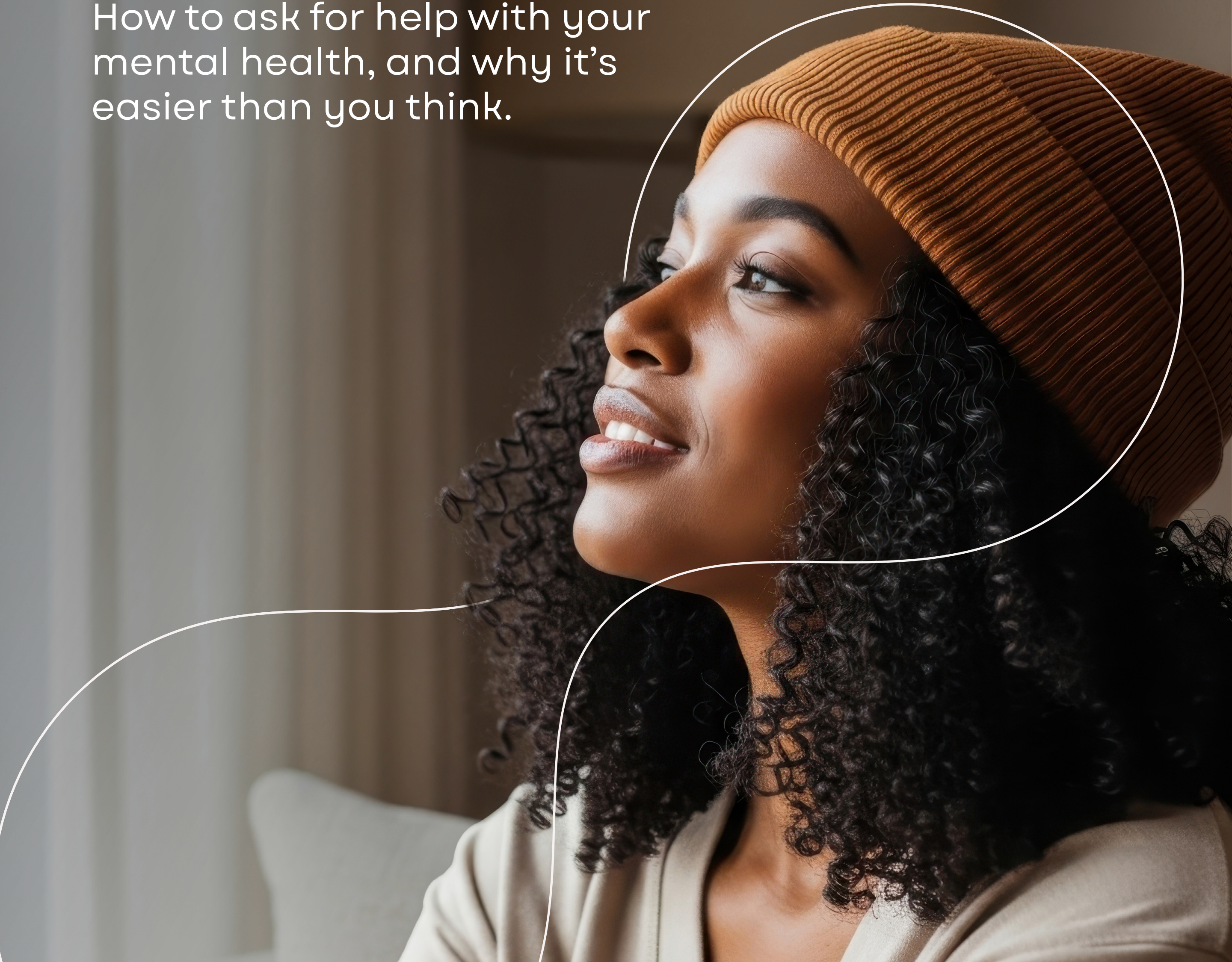
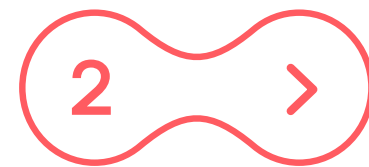
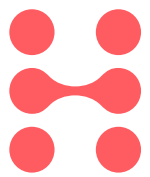


The first step is the hardest.

How to ask for help with your
mental health, and why it's
easier than you think.



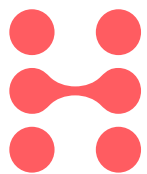


You don't need to be in crisis to reach out.

Feeling flat, anxious, or just not like yourself?

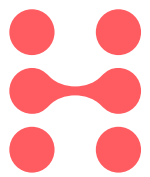
That's a reason to reach out.
You don't need to wait until
things get worse.





**I haven't
been feeling
great lately**
is enough to start.

Once you've said it out
loud, the weight of carrying
it alone starts to lift.



Something shifts when you stop carrying it alone.

Saying how you feel even once,
even imperfectly, is often when
things start to change.





Don't go it alone.

Contact **HealthHero** today for more support and advice.

We're with you every step of the way.