

A woman with dark hair tied in a bun, smiling warmly at the camera. She is wearing a dark-colored top. The background is a blurred indoor setting, possibly a shop or a community center, with shelves and various items.

# 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, featuring the words '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**