

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