

A close-up portrait of a smiling Black man with a full beard, wearing a blue baseball cap and a light-colored jacket. The background is blurred, suggesting an outdoor setting.

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.

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The 'every mind matters' logo, featuring the text in blue and teal inside a yellow cloud-like shape.

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