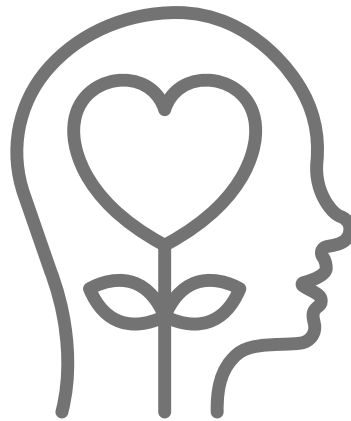


What is mental health ?

“Mental health is a state of well-being in which the individual realises his or her abilities, can cope with the normal stresses of life, can work productively and fruitfully, and is able to make a contribution to her or his community.”



- The World Health Organisation (2015)

www.mindsahead.org.uk

Minds Ahead programmes draw on the latest international evidence and engage critically with current policy and practice.

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