



It's me

This poster highlights the fact that mental health problems are more common than most people think and encourages anyone who may be feeling down or unable to cope to talk to a friend, family member or doctor.

Published

01 March 2010

Last reviewed

13 September 2018

Details

Format

A3 poster

Target group

General public

Downloads

Attachment	Size
------------	------

it's me poster.pdf	596.33 KB
------------------------------------	-----------

Tags

- [Mental](#)
- [Health](#)

- [problems](#)
- [common](#)
- [encourages](#)
- [feeling down](#)
- [unable](#)
- [cope](#)
- [talk](#)
- [friend](#)
- [family](#)
- [doctor](#)

Share this page

- [Share by email](#)
- [Share on X](#)
- [Share on Facebook](#)
- [Share on LinkedIn](#)
- [Share on WhatsApp](#)
- [Download as PDF](#)

Was this page useful?

Yes No

Thank you for your feedback.

Sorry to hear that. [Tell us what went wrong.](#)