10 steps to better mental health

1.
Accept yourself

2.
Talk about it

3.
Stay active

4.
Learn something new

5.
Keep in touch

6.
Do something creative

7.
Get involved

8.
Ask for help

9.
Take a break

10.
Don´t give up on yourself

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Together for mental health.

pro mente Austria helps more than
80,000 people with mental health
and social problems every year.

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