

15 to 21 May 2023

**Mental Health  
Awareness Week**



#ToHelpMyAnxiety



# **Bullying:** recognising the signs

hitting

name calling

pushing

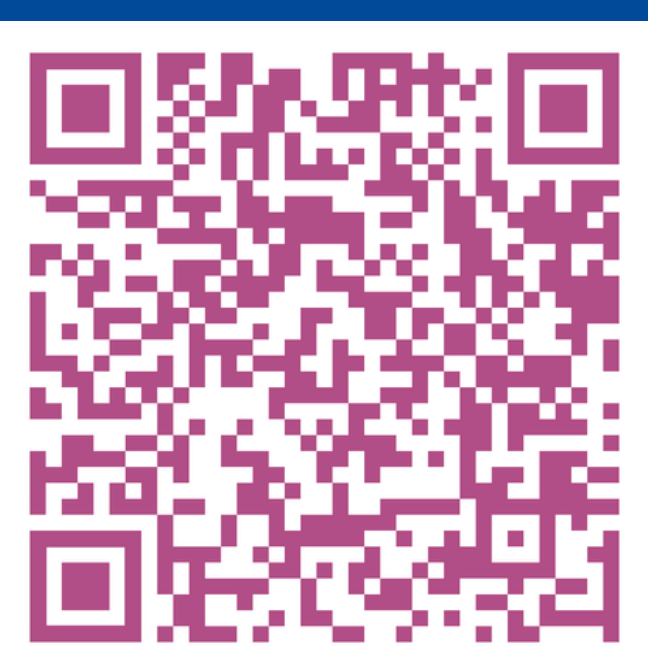
threatening

spreading rumours

**undermining someone**

**It can happen anywhere, to anyone**

#tohelpmyanxiety



**Caring about your wellbeing**

Compass