



# WORLD MENTAL HEALTH DAY

**Take your lunchbreak!** A healthy body contributes to a healthy mind.

**Be the change** you want to see in the workplace. Discuss ideas and get involved in projects that excite you.



*Talking Helps*  
We are here to help you  
**TALK TO US**



**MAN UP**  
Speak Up







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Be part of a culture where you **include others**.

Set boundaries. A **work-life balance** is crucial for good mental health.

It's everyone's responsibility to **champion mental health** in the workplace.



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**STOP**  
GENDER BASED VIOLENCE  
against women

**MAN UP**  
Speak Up

**STOP**  
BULLYING

**#Mental Health First**

**Pick n Pay**  
School Club 





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Don't be afraid to **ask for help!** We can all feel overwhelmed when things don't go as planned.

Visit the Global Institute of Emotional and Mental Wellness website by scanning the QR code below.



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