



Reflecting on World Mental Health Day 2016

**How did you feel yesterday?
Did you feel low or anxious?**

1 in 4 people in the UK will experience a mental health problem each year (Mind, 2013)

This highlights the importance of acknowledging mental illnesses as much as physical visible conditions. The fact you cannot see mental illness makes it even more vital to be diagnosed, treated and managed in daily life.

The theme for this World Mental Health Day (10th October 2016) was **psychological first aid** and the **support people provide to those in distress**. Spotting the signs of mental illness is the first step towards diagnosis and overall recovery.

At York Natural Health we have practitioners who specialise in different areas ranging from depression, anxiety and stress to lots of other things. Rod Aungier, Emma Langton, Jude Hardy, Debbie Pogson and Jenny Gilmore all cover psychological bases and you can find out more information about their specific areas and methods through our website (www.yorknaturalhealth.co.uk). **If you have any questions regarding which practitioner suits your needs best, please call reception on 01904 788411.**



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