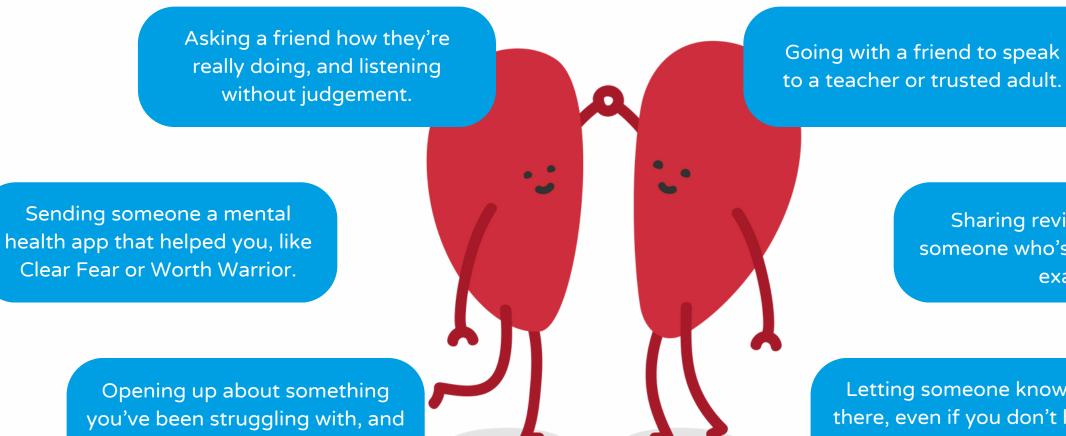
## What does it mean to #ShareSupport?

On 19 September, support Youth Mental Health Day by taking a small step to make a big difference, because **#ShareSupport** can be as simple as listening, opening up, or helping a friend find the right support.



what's helped.

Letting someone know you're there, even if you don't have the answers.





Sharing revision tips with someone who's stressed before exams.

