



Empty. Broken. Useless.
Alone. Confused. Betrayed. Fragile.
Depressed. On the verge of tears. Anxious.
About to break down. Ready to give up. Pathetic.
A burden. Lonely. Bitter. Heartbroken. Insignificant.
I'm ready to fall apart at any moment.
Defeated. Never good enough. Overwhelmed.
Sad. Judged. Misunderstood.

*How
are you?*

Fine

One in four people will experience some kind of mental health condition in the course of a year.

If you are experiencing mental health difficulties, please contact your local reps.

Mental Health Awareness Week
13-19 May 2019

www.ucu.org.uk

UCU
University and College Union