

A woman with dark hair tied up, smiling warmly at the camera. She is in a grocery store, with shelves of products visible in the background.

Discover simple steps to look after your mental health

Every Mind Matters will get you started with a free online plan designed to help you deal with stress and anxiety, boost your mood, improve your sleep and feel more in control.

Find your way to better mental health.

Search every mind matters

The 'every mind matters' logo, featuring the text in a blue, rounded font inside a yellow cloud-like shape.

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A close-up portrait of a smiling Black man with a full beard, wearing a blue baseball cap and a light-colored jacket. The background is blurred, suggesting an outdoor setting.

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