Mental Health: In Our Own Words

October 16, 2014

13 people, aged 18-25 talk about what it’s like to live with a mental health problem, and what helps them cope.

Watch part 2 https://www.youtube.com/watch?v=ETN7R...

Find out more about the young people in this video http://www.mind.org.uk/inourownwords

Music - “Memorized” by Josh Woodward http://joshwoodward.com/song/Memorized

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http://beta.docker.sanemag.com/article/mental-health-words