

Mental  
Health  
UK

# Live your best working life

Visit [mentalhealth-uk.org/  
best-working-life](https://mentalhealth-uk.org/best-working-life) today  
for tips to help boost your  
mental health.

Mental Health UK has been supporting people affected by mental health problems for over 40 years. Working across every part of the UK, we bring together four national mental health charities to provide advice, information and support.

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