

# NUTTER?

LY BEHIND THE LABEL...

# MENTAL DISTRESS DOES NOT MEAN A PERSON IS WEAK, OVER SENSITIVE OR SELF INDULGENT.

Mike (the bloke on the cover) has just lost his wife in an accident.

She was taking the kids to school when a car hit her.

This tragedy left him on his own with two young children.

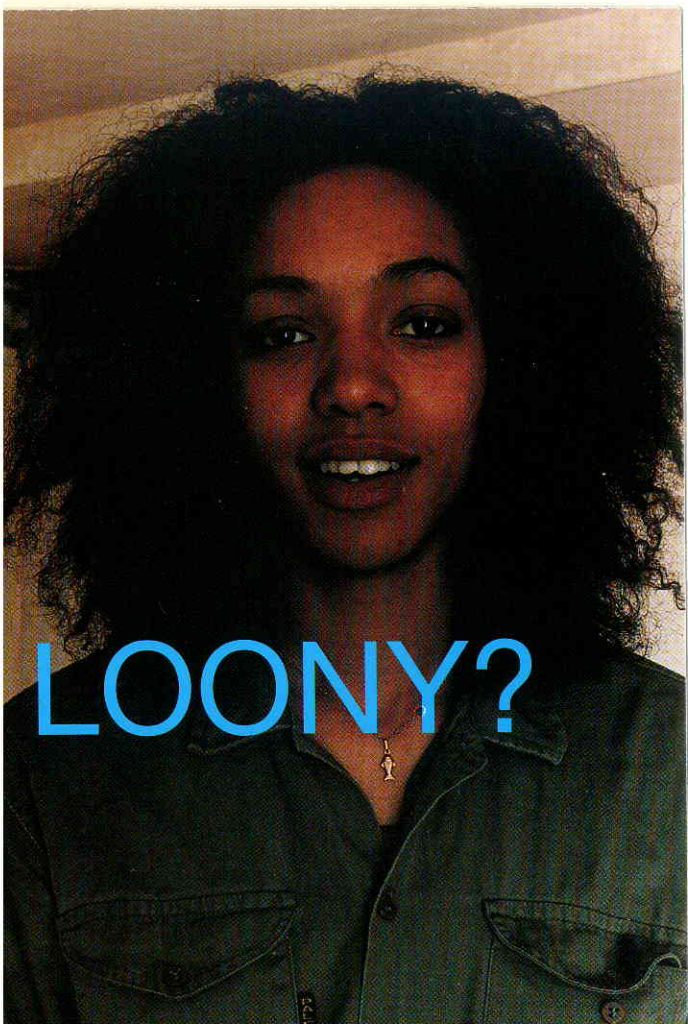
Not surprisingly, he's finding it difficult to cope

and is depressed.

It'll take some time for him to recover. This doesn't make him a 'nutter'.

It makes him vulnerable and in need of help and understanding.

## WHY USE LABELS WHEN THEY DON'T FIT?



# LOONY?

# ANYONE CAN EXPERIENCE MENTAL DISTRESS.

Sarah's partner has just left her.

They'd been living together for five years, but it didn't work out.

The split hit her hard and she's been having some counselling to help sort things out.

Sarah needs support and understanding,

not name calling or "pull yourself together".

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