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See Me 

End mental health
discrimination

#FeelsFM

Back Cover

**FEELS
FM**

**EVERYONE
FEELS**

*Tips on how
to chat about
mental health*

FEELSFM.CO.UK

Front Cover

Being able to express how you feel is really important.

But it isn't always easy.

So we've created the world's first emoji powered jukebox to help.

Visit **Feels FM**, create your playlist, and find out more about mental health.

The logo for 'Feels FM' is displayed in a stylized, outlined font. 'FEELS' is on the top line and 'FM' is on the bottom line, both in a bold, blocky typeface with a double-line outline effect.

Inside Front Cover

We all have mental health and it's okay not to be okay.

But asking a friend if they're okay can seem scary.

If your friend tells you they're not okay there are things you can do:

- *Listen*
- *Show you care*
- *Be yourself*
- *Don't judge them.*
- *Help them get support, using See Me's 'What's on your mind?' card.*

Inside Back Cover