

# MENTAL HEALTH

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## THE LEVEL OF HAPPINESS

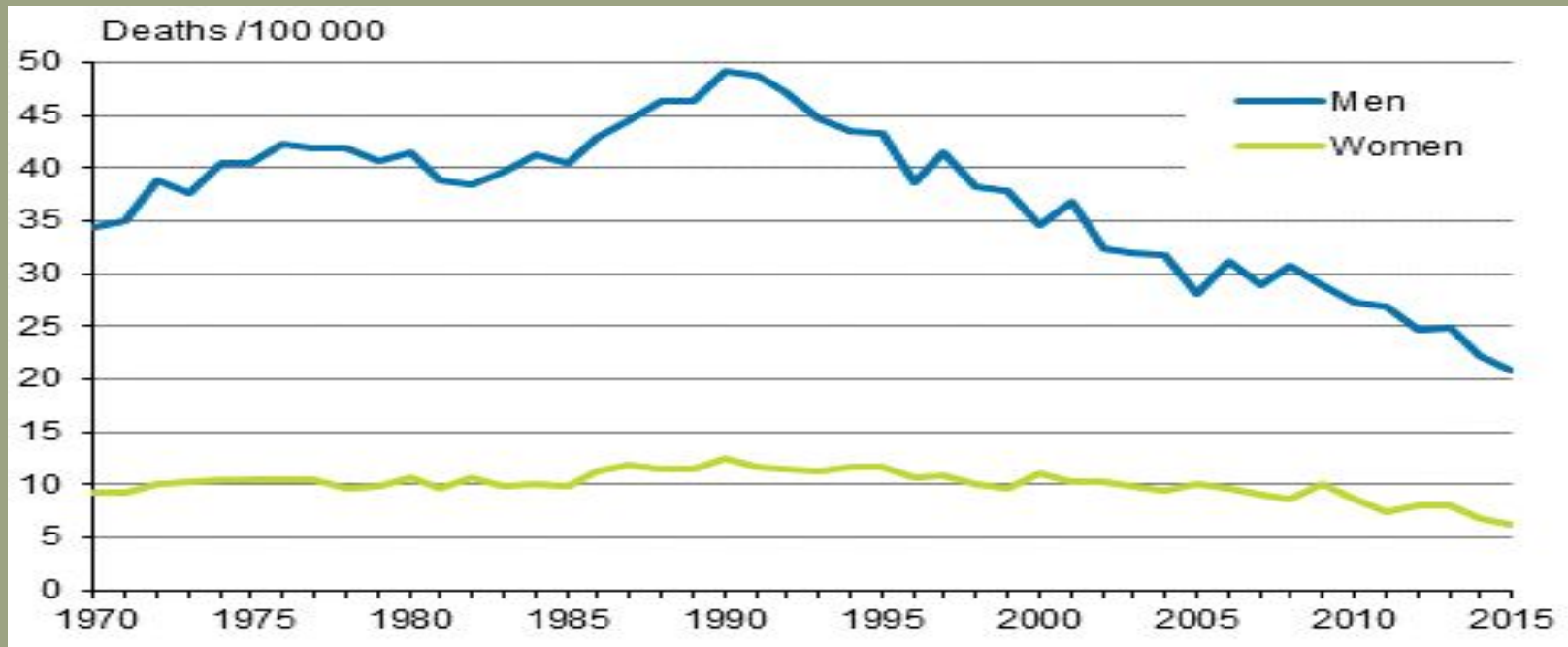
### THE HIGHEST

- Finland
- Denmark
- Norway
- Iceland
- Netherlands

### THE LOWEST

- South Sudan
- Central African Republic
- Afghanistan
- Tanzania
- Rwanda

## TALKING ABOUT PROBLEMS + STATS



# DEVALUATION

Should we say “not at all”?

WHAT SHOULD I DO  
IF...?

**WHEN?**



**TODAY**



**TOMORROW**



**NEVER**

**KEEP SAFE, CARE ABOUT YOURSELF  
AND YOUR LOVED ONES!**