

# 10 steps for mental health



accept who you are



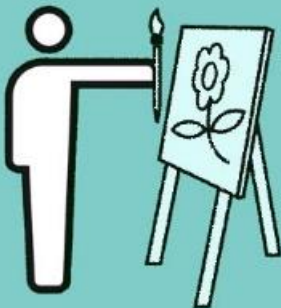
keep active



discover new things



get involved



be creative



talk about



relax



ask for help



keep in touch



don't give up



**Santé Prison Suisse**

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