



Empty. Broken. Useless.  
Alone. Confused. Betrayed. Fragile.  
Depressed. On the verge of tears. Anxious.  
About to break down. Ready to give up. Pathetic.  
A burden. Lonely. Bitter. Heartbroken. Insignificant.  
I'm ready to fall apart at any moment.  
Defeated. Never good enough. Overwhelmed.  
Sad. Judged. Misunderstood.

*How  
are you?*

*Fine*

**One in four people will experience some kind of mental health condition in the course of a year.**

**If you are experiencing mental health difficulties, please contact your local reps.**

# **Mental Health Awareness Week**

[www.ucu.org.uk](http://www.ucu.org.uk)

**UCU**  
University and College Union