

## About Every Mind Matters

<https://www.nhs.uk/oneyou/every-mind-matters/>



Every Mind Matters is there to help you manage and maintain your mental health, as good mental health makes such a difference. It helps us to relax more, achieve more and enjoy our lives more. We all go through ups and downs in life, and experience life changes that can affect our mental health.

Every Mind Matters gives you simple and practical advice to get a healthier mind and get more out of life – from how to deal with stress and anxiety, to boosting our mood or sleeping better. It will help you spot the signs of common mental health conditions, get personalised practical self-care tips and information on further support. You'll also learn about what you can do to help others. Every Mind Matters has been created by Public Health England, with tips and advice developed with experts and approved by the NHS. It has also been endorsed by the Royal College of General Practitioners.

It only takes a minute to get started with [their short free quiz to create Your Mind Plan](#) with personalised tips and advice.

## About One You

Your health is important. But being healthier isn't just about "doing the right thing" – it's about making changes to fit your life and make you feel good. One You helps you find that balance, so you feel better, every day.

### Get free tips, tools and apps

One You provides tips, tools, support and encouragement every step of the way, to help improve your health right away. You are not alone – One You can help you make small changes yourself, or with friends and family.

## Be healthier and reduce your risk

Making better choices today can have a huge influence on our health, and could prevent diseases such as type 2 diabetes, cancer and heart disease, and reduce our risk of suffering a stroke or living with dementia, disability and frailty in later life.

## Make a change now

[Take the free One You health quiz](#) to see how you score and start the fight back to a healthier you.

# There's only *One You*

Making better choices today can have a big impact on your health. One You is there to help you get healthier and feel better with free tips, tools and support. Whether it's moving more, eating more healthily or checking yourself – One You can help you make small, practical changes that fit in with your life.

**Coronavirus: stay at home – stay safe – save lives**