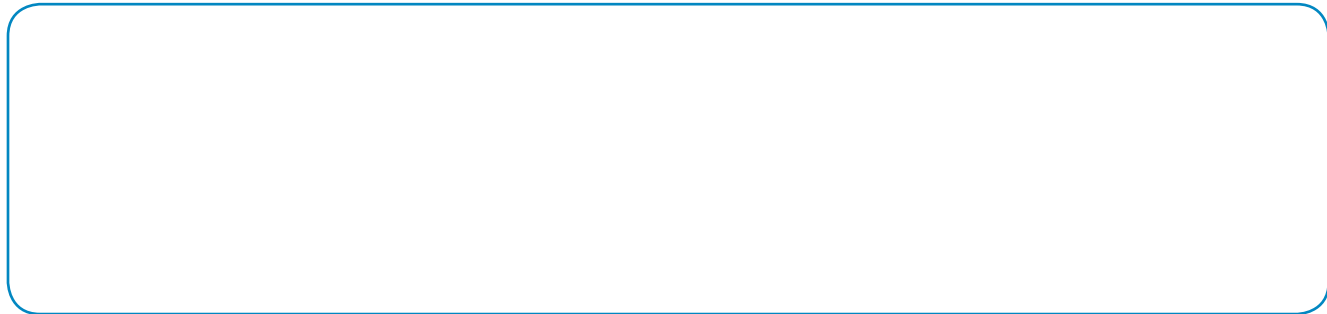




1 in 4 people will suffer from a mental health problem at some point in their life.



I am pledging to raise awareness of mental health and to stamp out stigma and discrimination as part of #talkaboutit this mental health month.



Winner of the schools digital photography competition 2015: Sacred Heart Primary School