

1. Blurb from 'Why Has Nobody Told Me This Before?' by Dr Julie Smith - bestseller book by big TikTok name: 'Filled with secrets from a therapist's toolkit, this is a must-have handbook for optimising your mental health. Dr Julie's simple but expert advice and powerful coping techniques will help you stay resilient no matter what life throws your way.'
2. Better Help slogan: 'You deserve to be happy'
3. Better Help video of therapist talking: 'With Better Help, the biggest benefit of therapy is that it's about finding your authentic self. In a world where everything is telling us who we should be and what we should want, it's the one place where you get to decide that for yourself'
4. Page in a 'Self-care for everyday' book I found in a train station shop: 'It is so important to take time for yourself and find clarity. The most important relationship is the one you have with yourself'.