

LOW VISION CAN AFFECT YOUR MENTAL HEALTH

One in two of us say
the quality of our vision
has affected our mental
wellbeing.

Practice self-care with regular
eye tests to keep your eyes and
vision healthy.

If you feel low, talking to someone about
your feelings can often help. For more
tips visit [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

For more on looking after your eyes
visit [visionmatters.org.uk](https://www.visionmatters.org.uk)



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