We all wonder if we're normal sometimes. Most of us have had burning personal questions keep us awake at night. So how do we seek answers when we're too embarrassed to ask others? We Google. We've taken a look at the top 'is it normal'-type queries related to mental health that were Googled both before and during the lockdown period. Do you relate to any?

Google Keyword Planner
If you're struggling with mental health, seek advice from a professional about your best course of action for getting support.

Sources
Google Keyword Planner
Answer the Public