

We're raising money for



JOIN US FOR

WHAT?

WHERE?

WHEN?

Join us to celebrate World Mental Health Day to support good mental health and wellbeing.

mentalhealth.org.uk/wmhd

Share your pictures and events **#WMHD**

X @mentalhealth
P @ukmentalhealth
in mental-health-foundation
IG f @mentalhealthfoundation



Together, we can help everyone have better mental health. Donate today.