

# Mental Health Awareness Week

We all experience mental health differently. But we aren't always listened to. And we aren't always represented.

This Mental Health Awareness Week, we're supporting Mind in the fight for mental health.

To change the way we think and speak about mental health problems.

**9-15 May 2022**

Find out more at [mind.org.uk/speaktomind](https://mind.org.uk/speaktomind)

