

**Didn't wanna  
be here,  
couldn't find  
a reason.  
Until I found  
a reason.**

**If this speaks to you, speak to us.** The logo for Mind, featuring a stylized blue scribble icon followed by the word "mind" in a lowercase, blue, sans-serif font.

We're Mind. We're here to fight for mental health.  
Mental Health Awareness Week 9–15 May  
[mind.org.uk/speaktomind](https://mind.org.uk/speaktomind)