There's nobody like me, nobody like me. Sometimes I felt like nobody likes me.

1 in 4 of us experience a mental health problem each year.

This World Mental Health Day,
if this speaks to you, speak to us.

mind.org.uk/speak-to-mind

mind

Mind is a registered charity in England (no. 219830)

Poster_Non-editable_A3.indd 1 12/09/2022 14:27