World Mental Health Day 10 October

Talking about how you feel can be tough. Like you're speaking a language no-one understands.

But Mind do.

That's why this World Mental Health Day we're supporting Mind in the fight for mental health. To change the way we think and speak about mental health problems.

[Insert details of your activity, date and time]

Find out more at
mind.org.uk/speak-to-mind

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

Registered with FUNDRAISING REGULATOR

mind