

In aid of  Mind Cymru

**Help us
reach
our goal!**

We're hoping
to raise



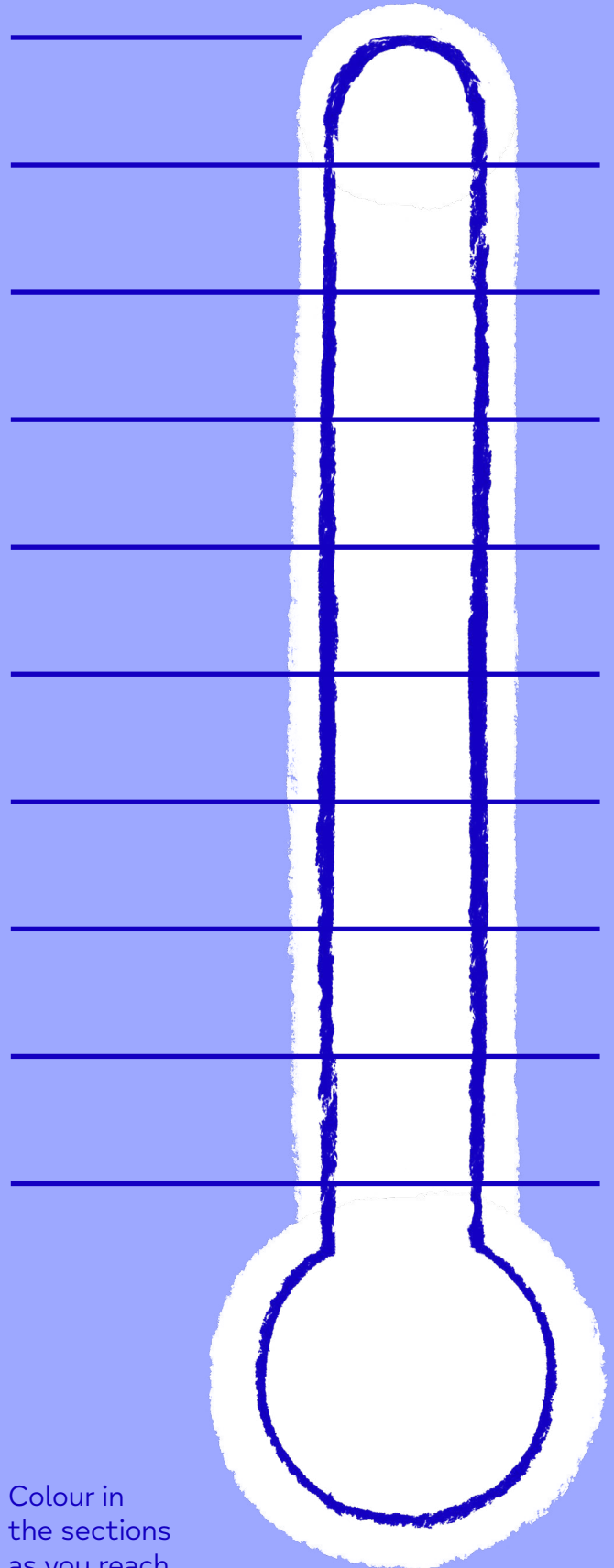
in aid of Mind

Help us ensure that no
one has to face a mental
health problem alone.

mind.org.uk

Mind (the National Association for Mental Health)
We're Mind. We're here to fight for mental health

Registered charity in England (no. 219830) and a
registered company (no. 424348) in England and Wales.



Colour in
the sections
as you reach
the targets.