



World Mental Health Day

10 October

If we all do **one** thing,
we can change **everything**.

Right now, our society is more divided than ever.

And too often access to mental health support is
determined by where we live or who we are.

But we can change things.

Join us as we fight to right this injustice and speak
out about mental health inequality.

Do one thing. Add your voice. Join the fight.

mind.org.uk/DoOneThing