



legal info
counselling
someone to talk to
knowledge
reassuring
caring
uplifting
an anchor

Mind's support is everything to me

For Adam, Mind's support is everything.

You can be there for people like Adam
this Mental Health Awareness Week.
Make sure no mind is left behind.

Get involved at mind.org.uk/MHAW





online information
benefits advice
mindfulness
user-friendly
lovely people
valuable
incredible
essential

Mind's support is everything to me

For Sunny, Mind's support is everything.

You can be there for people like Sunny
this Mental Health Awareness Week.
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