



home

work

education

family

friends

Mental health is everything

housing

money

sleep

environment

physical health

**Mental health is everything,
everywhere, everyone.**

Join the fight so no mind is left behind.

Get involved at mind.org.uk/MHAW





information
helplines
local services
peer support
changing laws
advocacy

Mind's support is everything
essential
human
community
personal
life changing
for you

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