



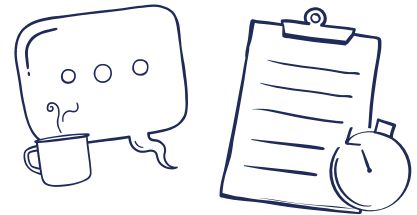
Number   
#WorldMentalHealthDay

# What's in your power?

Prioritise your mental health by joining us for Power Hour, and look after Number 

Our Power Hour will be:

.....  
.....  
.....



What?

.....



Where?

.....



When?

.....



## Information and support

Find out more about our World Mental Health Day campaign at: [mentalhealth-uk.org/wmhd](https://mentalhealth-uk.org/wmhd)