



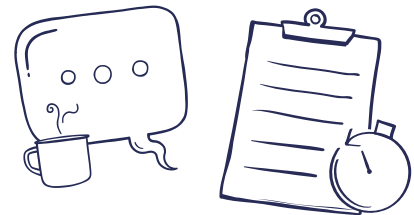
Number **1**
#WorldMentalHealthDay

What's in your power?

Prioritise your mental health by joining us for Power Hour, and look after Number **1**

Our Power Hour will be:

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.....
.....



What?

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Where?

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When?

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Information and support

Find out more about our World Mental Health Day campaign at: mentalhealth-uk.org/wmhd

