

There is



# power in community

12–18 May



Everyone has a part to play in supporting each other with mental health. So, this Mental Health Awareness Week, will you join us? Share your story, download conversation guides, take on a fundraiser, follow us on social media, or sign up for our newsletter. There is power in community — this is your sign to be part of it!



**#PowerInCommunity**

**#MentalHealthAwarenessWeek**

**[mentalhealth-uk.org/mental-health-awareness-week](https://mentalhealth-uk.org/mental-health-awareness-week)**