

No mind left behind

Right now, over 2 million people are waiting for support. Together we can build a better future for us all and make sure that no one has to struggle alone.

Join us in the fight for mental health.

mind.org.uk/no-mind-left-behind



13-19 May 2024

Mind is a registered charity in England (no. 219830)



**MENTAL
HEALTH
AWARENESS
WEEK**
13-19 MAY 2024



This Mental Health Awareness Week find your
#MomentsForMovement
www.mentalhealth.org.uk/mhaw

LET'S
**MOVE MORE
FOR OUR MENTAL
HEALTH**
13-19 MAY 2024

[@mentalhealthfoundation](https://www.instagram.com/mentalhealthfoundation) [@mentalhealth](https://www.x.com/mentalhealth)



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