



**MENTAL  
HEALTH  
AWARENESS  
WEEK**  
12-18 MAY 2025

# LET'S GET **TOGETHER** FOR **GOOD** MENTAL HEALTH

## JOIN US FOR

**WHAT?**

**WHERE?**

**WHEN?**

Mental Health Awareness Week is 12 to 18 May.  
Join us to celebrate the power of community to support  
good mental health and wellbeing.

**[mentalhealth.org.uk/mhaw](https://mentalhealth.org.uk/mhaw)**

Mental Health Awareness Week is run by the Mental Health Foundation.  
Share your story **#ThisIsMyCommunity**

✕ @mentalhealth  
📌 @ukmentalhealth  
in mental-health-foundation  
📷 @mentalhealthfoundation



Together, we can  
help everyone have  
better mental health.  
Donate today.