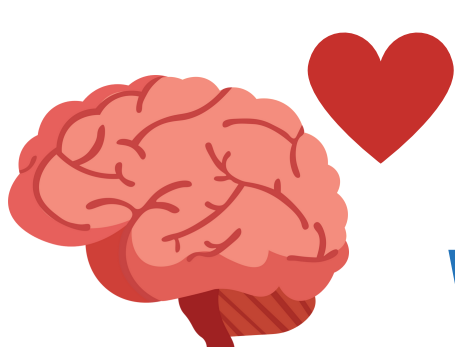# WORLD MENTAL HEALTH DAY

WORLD MENTAL HEALTH DAY (10 OCT) IS A DAY TO TALK ABOUT MENTAL HEALTH AND SHOW EVERYONE THAT MENTAL HEALTH MATTERS. IT'S ALSO A DAY TO LET PEOPLE KNOW THAT IT'S OKAY TO ASK FOR HELP, NO MATTER WHAT YOU'RE GOING THROUGH.

260,000

PEOPLE ARE HAVING A TEA & TALK ABOUT MENTAL HEALTH FOR WORLD MENTAL HEALTH DAY.

7000

TEA & TALK EVENTS ARE BEING HOSTED ACROSS THE UK FOR WORLD MENTAL HEALTH DAY.

Press below to donate

DONATE