



**MENTAL
HEALTH
AWARENESS
WEEK**

13-19 MAY 2024



**LET'S
MOVE MORE
FOR OUR MENTAL
HEALTH**

13-19 MAY 2024

This Mental Health
Awareness Week find your
#MomentsForMovement

www.mentalhealth.org.uk/mhaw

@mentalhealthfoundation @mentalhealth



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