

**MENTAL  
HEALTH**  
FOUNDATION

**MENTAL  
HEALTH  
AWARENESS  
WEEK**



# TOGETHER FOR **GOOD** MENTAL HEALTH

12-18 MAY 2025



Celebrating our communities  
and how they support good  
mental health and wellbeing.

X @mentalhealth  
P @ukmentalhealth  
in mental-health-foundation  
i f @mentalhealthfoundation

**#ThisIsMyCommunity**

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



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