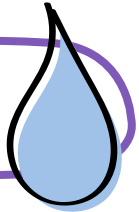**MindWell**

Be kind to

the world

MindWell - the mental health website for people in Leeds

#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Be kind to the planet

Recycle, reuse and repair and try to use less electricity and water today if you can.

Say, text or type something kind to every person you encounter today.

Have a go at upcycling - reuse something old to make something new.