

MindWell



Spread
kindness

MindWell - the mental health
website for people in Leeds

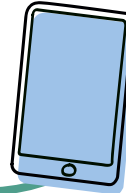
#MentalHealthAwarenessWeek
#KindnessMatters

@MindWellLeeds

Find a way, however small, to spread kindness

Spread kindness online:

- Send supportive messages to friends or colleagues.
- Be kind in emails - don't take your stress out on others.
- Take care with online posts, think how they can affect other people.
- Share happy or kind social media posts with inspiring messages.



Find out about local causes that need a bit of support right now. How could you help?

Smile at your neighbours or say hello across the street.



Think about volunteering your time or skills or raise awareness for an organisation locally, nationally or beyond.



Support a campaign or cause you're passionate about. You could just share their message on social media, put up a poster or sign up for a newsletter.

