

# Kinder to each other

MindWell

x

KINDER♥LEEDS

x



## World Mental Health Day - 10 October

Let someone, who's important to you, know how much they mean to you today.



Thank  
you

Take time to thank people - if they've given you space to walk past, served you in a shop, delivered your post... it's good to notice and appreciate others.

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



Take care with what you say online and how it can affect other people.

Share happy or kind social media posts.