

TOGETHER



WE CAN HAVE GOOD MENTAL HEALTH

Mental Health Awareness Week 12-18 May 2025

This year's theme is about celebrating our communities and how they support good mental health and wellbeing.

Visit: www.mentalhealth.org.uk/mhaw

Young people in Suffolk can find wellbeing helplines and support at:

WWW.THESOURCE.ME.UK/WELLBEING

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SOURCE

