

# reach out



## Reaching out is...

Friends making sure I get out of the house.

**I'm Matt, I live with Depression.**

## Reaching out is...

Knowing there are people ready to listen without judging me.

**I'm Naomi, I live with Anxiety.**



## Reaching out is...

Making a connection with someone. It's something that we all should do.

**I'm Andy, I have Bipolar.**



visit [www.reachout.wales](http://www.reachout.wales) to find out more about how **small things** have helped people with mental health problems.

let's end mental health discrimination

**time to change**

**Wales**

[www.reachout.wales](http://www.reachout.wales)

