

# reach out



## Reaching out is...

Meeting up and seeing friends,  
laughing together.

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

## Reaching out is...

Having someone in your life that you  
could confide in.

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



## Reaching out is...

Spending time with family.  
It's knowing someone cares.

**I'm Lisa, I live with Prenatal  
and Postnatal Depression**



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)

