

# 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.**



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**

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