

reach out



Reaching out is...

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

I'm Andy, I have Bipolar.



Reaching out is...

Meeting up and seeing friends, laughing together.

I'm Anya, I live with Depression.

visit 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

