



Mental Health
Foundation

Mental Health Awareness Week

9 - 15 May 2022

Together we can tackle loneliness




We can all feel lonely at times. We can even feel lonely when we're surrounded by others. In fact, millions of us hide our feelings of loneliness from friends and family.

This Mental Health Awareness Week we want to let everyone living in loneliness know that by coming together we can tackle loneliness and help prevent mental health problems.

Just sharing your experiences
can make a huge difference

#IveBeenThere

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