



Connect is one of the five ways to wellbeing.

Connecting with the people around you is important for your mental wellbeing. Send this festive postcard to someone and show them that you're thinking of them.

www.health-in-mind.org.uk

Health in Mind is a Scottish charity with your mental health at heart

#WritingToSayHello



We rely on donations and fundraising to provide mental health support to people living in Scotland. To support our work please visit our website or call 0131 225 8508.

Health in Mind is a charity, registered in Scotland SC004128 and a company limited by guarantee, registered in Scotland SC124090. The registered office is at 40 Shandwick Place, Edinburgh EH2 4RT.