



**Connect is one of the five ways to wellbeing.**

Connecting with the people around you is important for your mental wellbeing. Send this postcard to someone you haven't spoken to in a while to show them that you are thinking of them.

[www.health-in-mind.org.uk](http://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 support to people living in your local area. To show your support 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.