

# FURTHER INFORMATION & SUPPORT

The Mental Health Foundation has a range of support guides and information available. Click the bubbles to find out more.

#ToHelpMyAnxiety

MINDFULNESS

PHYSICAL  
ACTIVITY

NATURE

NUTRITION

COST OF LIVING

Helpline  
Services

We're proud to support

15 to 21 May 2023

**Mental Health  
Awareness Week**



Health Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people