

# GREAT MENTAL HEALTH DAY IN LONDON



One day someone  
is going to need to  
hear your story.

**FRIDAY, 31 JANUARY 2025**

We all need community. We all need connection. This **#GreatMentalHealth** Day, let's celebrate the organisations and those in our communities who are devoting energy and compassion to others.

To get involved, visit  
[thriveldn.co.uk/greatmentalhealth](https://thriveldn.co.uk/greatmentalhealth)



SCAN ME