

North Tyneside World Mental Health Day

10th Oct 2020

Sketch
what
you see

Jot down your
thoughts

Snap
a
photo

Take a
Mindful
Walk

Connect
with
others

Safely
distanced

You choose
where and
when

Share your
experiences

Follow Launchpad North Tyneside's Facebook page to choose a socially distanced activity, watch videos from support agencies and share your own experiences.

www.facebook.com/launchpad-WMHD-100636168427010

Search Facebook for Launchpad WMHD 2020

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