

Can you support mental health this Winter?

1 in 4 people are struggling with their mental health.

If you have a smartphone, point your camera at this code to donate for a brick & support our Winter Appeal!



Or visit: www.yorkmind.org.uk/get-involved/events-and-challenges/donate-a-brick-winter-campaign/

What will your donation cover?

- £5** Volunteer's travel expenses for 1 week
- £20** Helps towards keeping our services running
- £30** A counselling session for one person



Thank you.

 mind York

DONATE
FOR
A **BRICK**