

Mental Health Awareness Week

THE
**Lucy
Rayner**
FOUNDATION

10th-16th May 2021

BE AWARE



THINK SELF CARE

HOW CAN I GET INVOLVED?

10-16th May Mental Health Awareness Week- Theme- Self Care.
Love the theme as much as we do? Then join us in a week of self care.
Take a picture of your daily self care activity and post it on social media with the
[#beawarethinksselfcare](#)

Twitter: @TheLRFoundation
Facebook: @TheLucyRaynerFoundation
Instagram: @TheLucyRaynerFoundation