

WHAT'S YOUR

#HelloYellow

YELLOW?



We all struggle with how we're feeling sometimes. But the little things you do can make a **BIG** difference.

Wear something yellow to school on **8 October** and donate **£2** to **YoungMinds**. Together, we'll show young people they're not alone with their mental health.

Because a little yellow... goes a long way.

youngminds.org.uk/helloyellow

YOUNGMiNDS

#HelloYellow

Say #HelloYellow this
World Mental Health Day



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