



Mental Health
Ireland

This World Mental
Health Day,
October 10th,
we are inviting you to:



REFLECT on how
far you've come

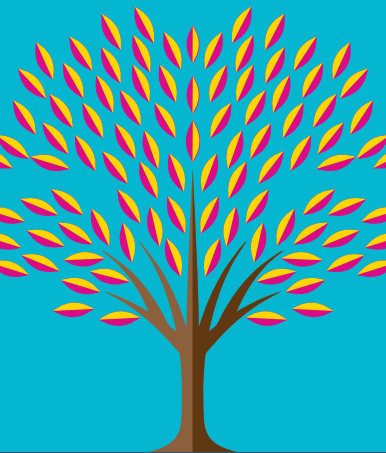


PLANT seeds of
hope for the future



GROW & flourish
with a little care

#REFLECTANDGROW



Mental Health Ireland

Promoting positive mental health,
wellbeing and recovery.

www.mentalhealthireland.ie



Join us in marking World Mental Health Day by taking a moment to reflect on how far you've come during recent tough times and to plant seeds of hope for the future and for others facing their own mental health challenges.

All these wildflower seeds need to grow is a little water, soil and care.

Plant this bookmark and watch your flowers grow.

#REFLECTANDGROW

Plant Water Grow



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