

MENTAL HEALTH FRIENDS

MENTAL HEALTH FRIENDS WAS
FOUNDED IN 2019 BY CLAIRE READMAN
TO CREATE COMMUNITIES WHO COME
TOGETHER TO HELP AND SUPPORT
EACH OTHER WITH THEIR MENTAL
HEALTH.

THE #BEEKINDBEEHAPPY PROJECT

'BEE KIND BEE HAPPY' IS A PROJECT OF MENTAL HEALTH
FRIENDS.

WE ENCOURAGE 'RANDOM ACTS OF KINDNESS' BY
PROVIDING CARDS AND IDEAS TO HELP BRIGHTEN YOUR
DAY.

WHEN WE PRACTISE RANDOM ACTS OF KINDNESS WE FEEL
BETTER AND THE RECIPIENTS OF OUR ACTS FEEL BETTER,
MAKING THEM MORE LIKELY TO BE KIND TO OTHER
PEOPLE, CREATING A KINDER, MORE POSITIVE, HELPFUL
AND SUPPORTIVE COMMUNITY. BEING KIND SHOWS YOU
CARE. IT HELPS US CONNECT WITH OTHERS AND
PROMOTES EMPATHY AND COMPASSION. IT IS ALSO
KNOWN TO ENHANCE BOTH PHYSICAL AND MENTAL
HEALTH AND REDUCE STRESS. BEING KIND DISTRACTS US
FROM OUR OWN PROBLEMS, WHATEVER THEY ARE. IT
MAKES THE WORLD A HAPPIER PLACE, IT'S CONTAGIOUS!

PLEASE JOIN US IN SPREADING #BEEKINDBEEHAPPY
KINDNESS, LET'S MAKE THE WORLD A KINDER PLACE,
LITTLE THINGS MAKE A DIFFERENCE. REMEMBER TO
POST ON OUR SOCIAL MEDIA .

#BEEKINDBEEHAPPY

IF YOU WOULD LIKE ANY CARDS, PLEASE CONTACT US.



BEE KIND BEE HAPPY



MENTAL HEALTH FRIENDS



ADMIN@MENTALHEALTHFRIENDS.CO.UK



WWW.MENTALHEALTHFRIENDS.CO.UK



07598275970

