

# Thirty for 30k

 mind  
Hammersmith,  
Fulham, Ealing  
and Hounslow

## Campaign Support

### Like, Share and a Comment

- Simply back our campaign and the message to talk about your mental health
- Partner with us and help share vital messaging supporting the fight for mental health and signposting to services
- Help end the stigma
- Get people talking
- Commit to regular social media support

