

## If we all do **one** thing, we can change **everything.**

mind.org.uk/DoOneThing

## Supporting Mind in the fight for mental health

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World Mental Health Day takes place this Sunday and we're asking you to join us in the fight for mental health.

The long term impact of the pandemic has put the mental health of millions at risk, and too often access to mental health support is determined by where we live or who we are.

That's why this World Mental Health Day, we're joining Mind's **Do One Thing** campaign. Because together, we can change things.

If we all do one thing, we can change everything.

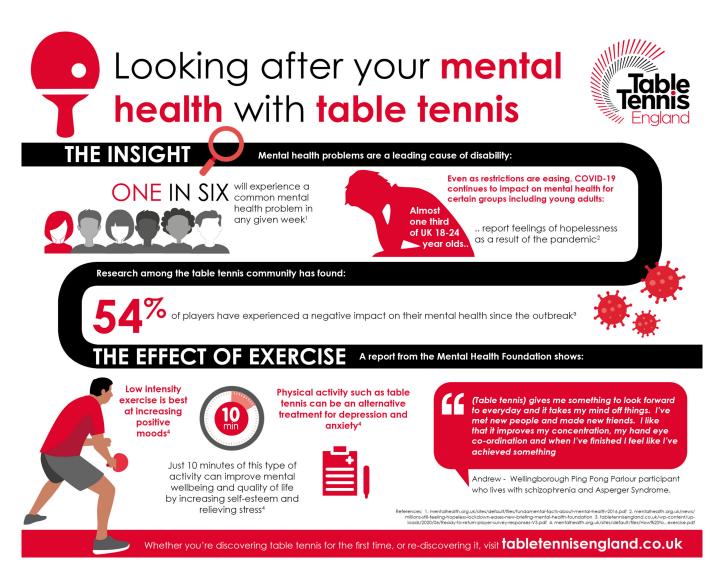
Do one thing. Join the fight.

Take a look at Mind's resources below and learn about mental health inequality.

Whether you use social media or speak with friends, family or colleagues. Do one thing and start a conversation about mental health inequality.

- Use Mind's resources to spread the word
- Share your own story in a blog
- Become a campaigner

In addition to Mind's Do One Thing campaign, we're also encouraging as many people to pick up a bat and have a game of table tennis on Sunday. It's well known that exercise such as playing table tennis can have a positive impact on our mental health, as the graphic below illustrates.



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