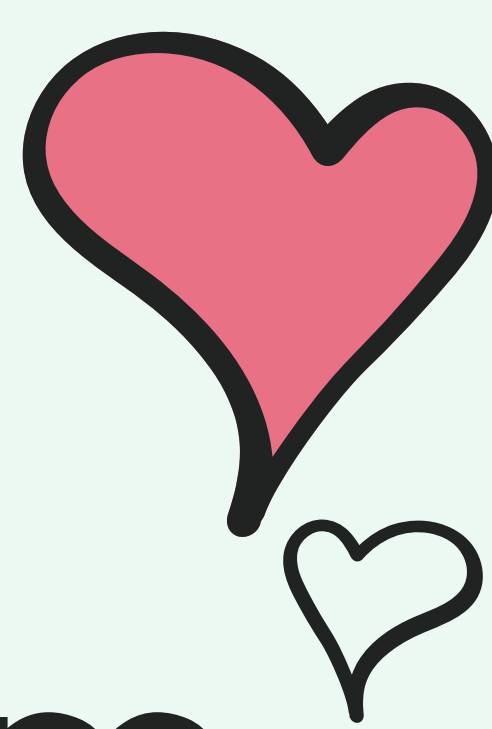


# Reach Out to a Peer to Let Them Know You're Thinking of Them



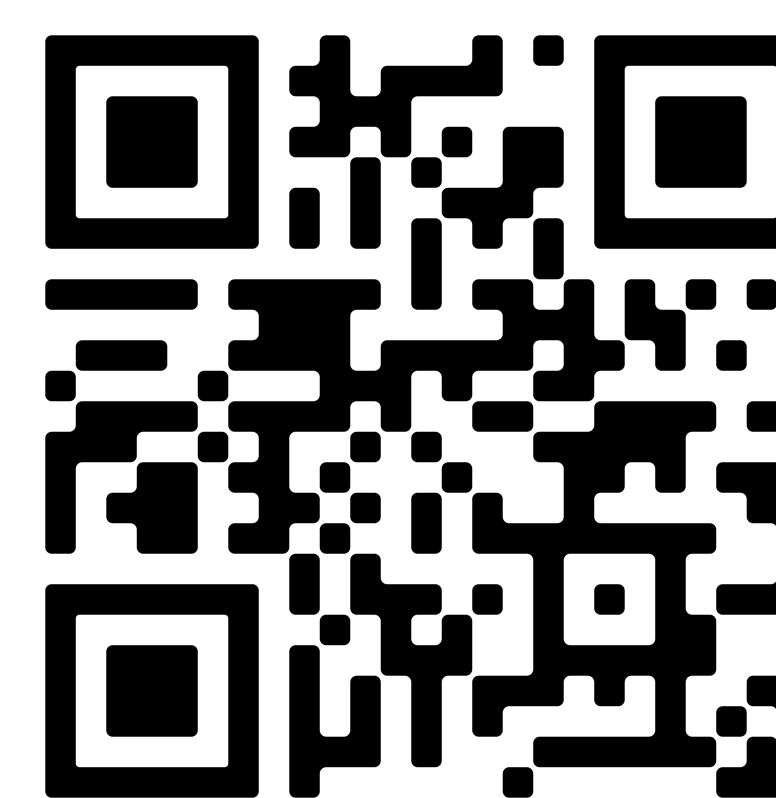
Mental Health Week is observed from May 15th to the 21st to raise awareness & tackle the stigma surrounding mental health

Bringing individuals, communities, & organisations together to promote mental health and wellbeing



## Send an Ecard in Just a Few Clicks

- 1 Log Into Your Each Person Account
- 2 Head to the Reward / Recognise Section or Scan the QR Code
- 3 Choose Who You Want to Send the Ecard To
- 4 Select Your Reason for Recognition From the Drop Down Menu
- 5 Pick Your Design and Personalise It With a Message
- 6 That's It, Your Small Gesture Will Have a Big Impact



Scan the QR code to send an Ecard today!

## Why It's Important to Raise Awareness

**90%**

Of People With Mental Health Problems  
Have reported experiencing stigma

**1 In 4**

People In the UK Experience a Mental Health Problem  
Every year. Half of them say it's associated with isolation

**57%**

Of young people say fear of stigma has stopped Them from applying for to a job

**Be a Part of an Open and Inclusive Work Culture Today!**

[Click here](#) to find out more about how to raise awareness for mental health.