



BE KIND

It's so good for our mental health

Mental Health Awareness Week 2020
4-11 October

- Plan to do acts of kindness between **Sunday 4 and Sunday 11 October**
- **Celebrate by wearing green on Friday 9 October**
- Share your thoughts, poems and artwork email: **bekindbda@bhb.bm**
- Post your photos on Instagram **#BEKINDBDA**



Bermuda Hospitals Board