

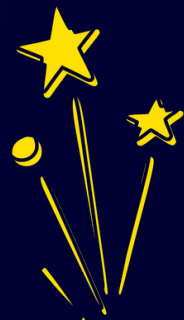
Selfie prop



1. Cut around the solid grey line.
2. Attach a stick, pencil or straw to the back with a bit of tape.
3. Hold it up, smile and take a selfie.
4. Share on social media. Don't forget to tag Mental Health UK @mhealthuk.

mentalhealth-uk.org

I'm taking on
GLOW
for mental health



Selfie prop



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mentalhealth-uk.org

Shining bright for

GLOW



Selfie prop



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