




Open Heart



Are you able to pen your heart to help those struggling with mental health?

At a time where mental health services are stretched to the limit, our pen Heart campaign is making a difference by helping those in need to take the first step towards receiving professional help.

Whether you are an individual, a small business or a large organisation, we hope you will join our pen Heart campaign, by offering a safe and compassionate space to talk about mental health and wellbeing. It might help someone start a conversation sooner about their circumstances and it could even save someone's life.

Purchasing and wearing the pen Heart pin is a symbol that you are open to talking, listening and signposting someone who is struggling with mental health. It does not mean you are a professional who can give advice.

Please scan this QR code to visit our website and learn how you can signpost someone for further help.





Any profits from the sale of Open Heart pins will be donated to Fresh Start Charity, who support young people with mental health issues.


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