

## Step one

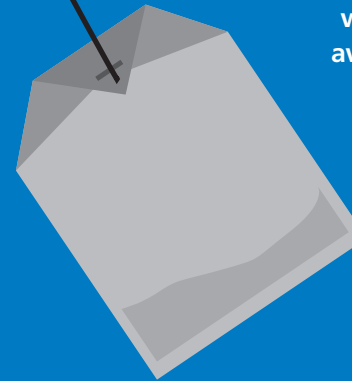
Show your commitment now by changing your social media profile picture to a fresh brewfie, a selfie of you with a brew. Show the world you want to stop the stigma associated with mental health.

## Step two

Arrange that long overdue brew with someone you think will appreciate a chat and a brew to help lift the January blues.

## Step three

Nominate three friends to do the same.



# Together let's turn Blue Monday into Brew Monday

Blue Monday will soon be with us, the one day in the year when traditionally people feel at their lowest ebb. This is why Blue Monday is the day we'll be launching The Big Brew, our mental health awareness campaign. And we need YOU to support the campaign, not to mention reach out to any family members, friends or colleagues who you think will appreciate a chat and a brew to help lift the January blues.

You can show your support in the time it takes to boil a kettle...

Please help show your support and stop the stigma associated with mental health issues. Together let's turn Blue Monday into Brew Monday.