



## Mojito Mocktail

### Ingredients

- 1 tbsp sugar
- small bunch mint
- juice of 3 limes
- soda water



1. Muddle the sugar with the mint leaves using a pestle and mortar (or use a small bowl and the end of a rolling pin/wooden spoon).
2. Put a handful of crushed ice into 2 tall glasses.
3. Divide the lime juice between the glasses with the mint mix.
4. Top up with soda water or lemonade.

Optional – add some apple juice

Enjoy!

**Black Lives Matter.**  
Black Mental Health Matters.



## Mind believes Black Lives Matter

In mental health there is a huge disparity in how black people are listened to and supported at every level.

Black people are four times more likely to be detained, and more likely to be restrained and isolated under the outdated Mental Health Act. This weekend marks 18 months since the Mental Health Act review - and we are still waiting for the UK Government to make vital changes.

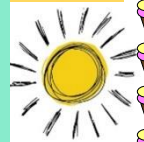
At Mind, we have campaigned alongside the most marginalised and discriminated against. We also recognise the white privilege inherent in our own organisation and we are committed to addressing this. We won't give up until everyone experiencing a mental health problem gets support and respect. We know there is a lot of work to do and we will fight for everyone.

## HOW TO GET A BIKINI BODY

STEP 1  
GET A BIKINI



STEP 2  
WEAR IT ON  
YOUR BODY



DEAR  
BODY,  
THANK  
YOU FOR



# EveryBody

## Information, Support and Advice

Free access to SilverCloud's online CBT platform, providing online self-help programmes. This offer is available for at least 4 months, and for the duration of the Covid-19 national response, so this will be reviewed and potentially extended if needed.

- Please go to: <https://mind.silvercloudhealth.com/signup>
- Use the PIN 'BUCKS' when you set up an account.

You can download Silver Cloud via the Play Store for use on your phone, and you can also use it in a web browser on a PC. Please note, you'll need to create a different username and password for each programme you sign up to, but your email address can remain the same.