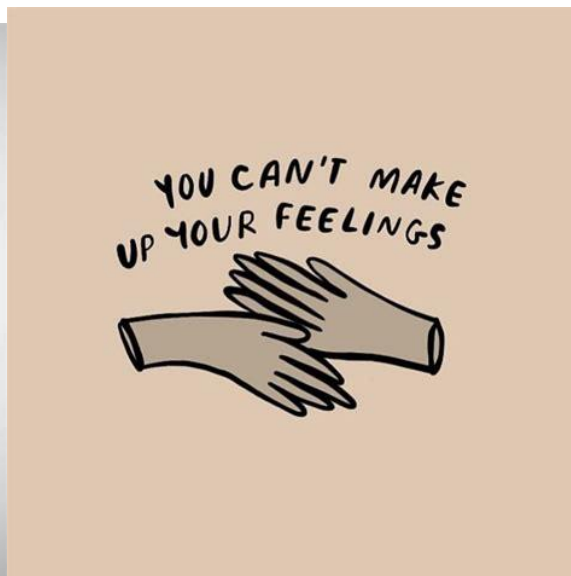


## Mental health day 10<sup>th</sup> October 2020

Mental Health day is the UK's national day to raise awareness of mental health and mental health problems and inspire action to promote the message of good mental health for all.



**By Chloe**

# Equality

the state or quality of being equal;  
correspondence in quantity, degree, value,  
rank, or ability

Both men and women should feel free to be sensitive. Both men and women should feel free to be strong. It is time that we all see gender as a spectrum, instead of two sets of opposing ideals.

If we stop defining each other by what we are not, and start defining ourselves by who we are, we can all be freer.

**Emma Watson**

QUOTABLE LIBERALS  
"NO ONE IS BORN HATING ANOTHER PERSON BECAUSE OF THE COLOR OF HIS SKIN, OR HIS BACKGROUND, OR HIS RELIGION. PEOPLE MUST LEARN TO HATE, AND IF THEY CAN LEARN TO HATE, THEY CAN BE TAUGHT TO LOVE, FOR LOVE COMES MORE NATURALLY TO THE HUMAN HEART THAN IT'S OPPOSITE."

**NELSON MANDELA**  
1918-2013



**There's nothing complicated about equality**

Alice Paul (1885-1977)

**By Chloe**