

Wear Your PJs

On World Mental Health Day

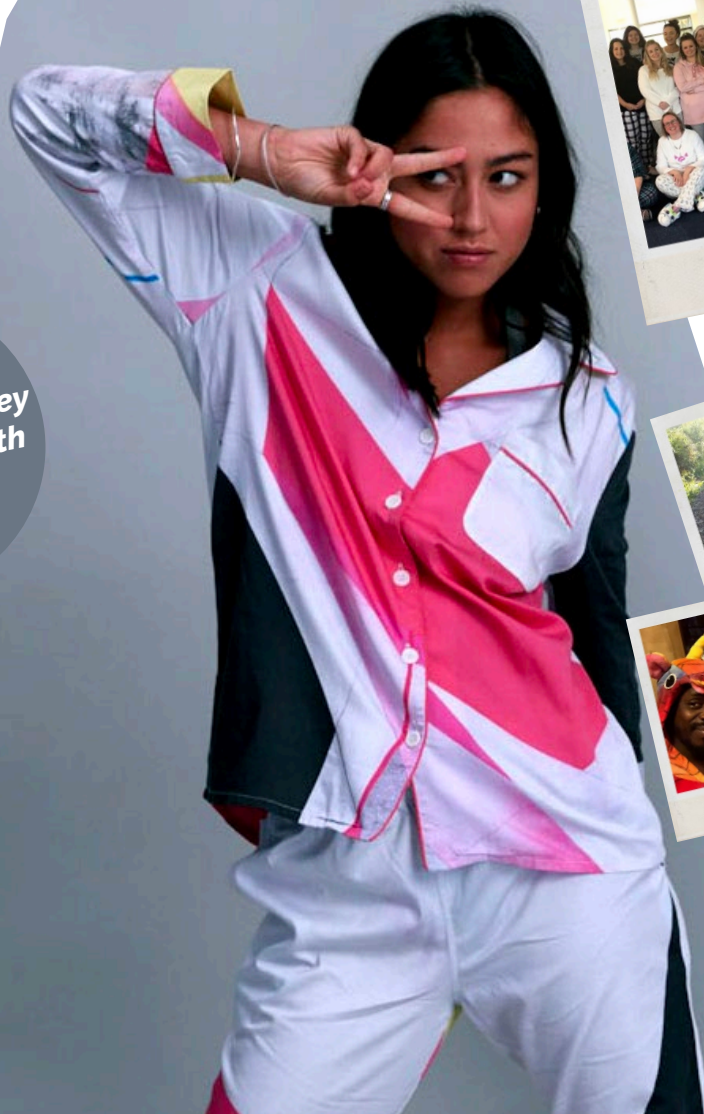
On **10th October**, wear your PJs all day...to work, to school, to college, to walk the dog in, to meet your friends or just joyfully at home... **and tell someone why you're wearing yours.**

"Because talking about mental health is important... because I've been affected by poor mental health... because my friend has suicidal thoughts... because my partner has an anxiety disorder... because my sister had Post Natal Depression... because..."

Talking about mental health shouldn't feel awkward.
Let's smash the stigma. One conversation at a time.
Together, in our PJs.

Join in at WearYourPJs.com

'... and raise money
for mental health
charities'



Pjays
PJS WITH PURPOSE