

WHEN WAS THE LAST TIME YOU DID SOMETHING ACTIVE?



It may sound simple, but small actions in your everyday life can create big changes. When you do something active, you are also doing something good for your mental health.

Mental health is something we create together.



**DO SOMETHING ACTIVE
DO SOMETHING TOGETHER
DO SOMETHING MEANINGFUL**

ABC for mental health is a research-based initiative that aims to promote mental health for all. Scan the code or visit abcsabc.dk to read more about ABC and find inspiration for micro-actions.

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