

**National
Literacy
Trust**

Change your story



Take 10 to read

**Reading is a great way to calm your mind,
boost your mood and escape elsewhere.**

On 10 October, World Mental Health
Day, try reading for 10 minutes and
see where it takes you.

#Take10toRead

Supported by



ARTS COUNCIL
ENGLAND

Supported using public funding by
**ARTS COUNCIL
ENGLAND**