

Mind Pembrokeshire

The background of the entire image is a sunset over a body of water. Two hands are shown in silhouette, holding each other. The hands are positioned in the center of the frame, with the fingers interlaced. The sunset colors range from a deep purple at the top to a bright orange near the horizon. The water in the foreground is dark and reflects the light from the sunset.

We're here for you virtually

Mental health support on 07496 974 388

Info, advice and social on Facebook

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