



You are loved

Every action has an equal and opposite reaction. When our friends and neighbours are being sent hate, through their letterboxes and on our streets, the equal and opposite reaction is to show them love. It needs to be personal, because hate is personal. If you want to do something to counter the hate, give people some love. Print this out, personalise it, make your own – there is no brand or organisation here. And then give it to people – to those you know and love, and especially those you don't know yet or at all. They may be feeling alone, frightened, unwanted, betrayed.

Only love can counter that.

Spread the love.

youareloved.org.uk