

Mentra - Mental & Emotional Wellbeing

INSTAGRAM

@heymentra United Kingdom, Birmingham

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274	0	235	3.28%	0/100
FOLLOWERS	FOLLOWING	POSTS	ENGAGEMENT RATE	SOCIALHIPPER SCORE

Category

Health

Growth History (Last 30 Days)

Date	Followers	Engagement Rate	Avg Likes	Avg Comments
May 30, 2026	274	3.28%	8	1

Recent Content Performance

Type	Posted	Likes	Comments	Shares
Video	May 29, 2026	5	2	0
Video	May 28, 2026	6	1	0
Video	May 27, 2026	7	2	0
Video	May 26, 2026	5	4	0
Video	May 25, 2026	9	4	0
Video	May 22, 2026	8	2	0

Type	Posted	Likes	Comments	Shares
Video	May 20, 2026	17	3	0
Video	May 19, 2026	8	0	0
Video	May 16, 2026	8	1	0
Video	May 15, 2026	8	1	0
Video	May 14, 2026	10	1	0
Video	May 13, 2026	6	1	0

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Data is based on publicly available information and may not reflect real-time metrics.