

Mental Health Awareness week 18th-24th May 2020

Mental Health Awareness started in 2001, with various different charities and organisations promoting the event. Each year a different theme is focused on. Initially the theme for 2020 was sleep, however, was changed in April to Kindness in response to the Coronavirus outbreak, with the Mental Health Foundation saying it is perhaps their most important Awareness week to date.

The Mental Health Foundation amongst other organisations has created a variety of different resources, inclusive of a support resource pack around kindness. Below, are the key features from the support pack with the following information being on how to remain connected to people, kindness in the home and in the community.

The full resource pack can be found at:

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved>

as well as video alongside this at:

<https://www.youtube.com/watch?v=Qcyc68d6OAK>

Call a friend that you haven't spoken to for a while



Tell a family member how much you love and appreciate them



Arrange to have a cup of tea and virtual catch up with someone you know



Arrange to watch a film at the same time as a friend and video call



Tell someone you know that you are proud of them



Tell someone you know why you are thankful for them



Send a motivational text to a friend who is struggling



Send someone you know a joke to cheer them up

Send someone you know a picture of a cute animal



Send an inspirational quote to a friend



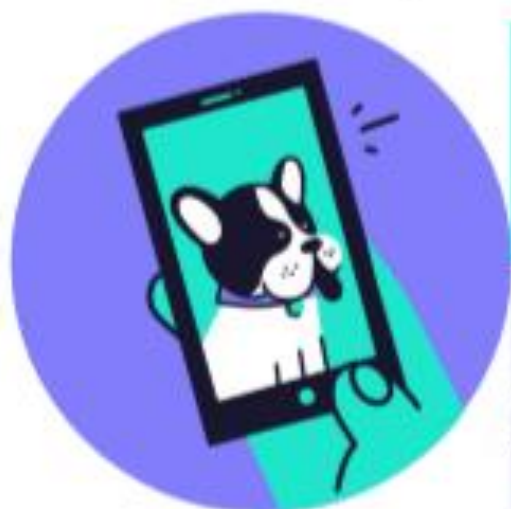
Send an interesting article to a friend



Send an inspirational story of kindness people around the world are doing for others to someone you know



Contact someone you haven't seen in a while and arrange a virtual catch up



Make a cup of tea
for someone you
live with



Help with a
household chore
at home



Spend time playing
with your pet





Offer to send
someone a
takeaway or a meal



Offer support
to vulnerable
neighbours

Donate to
foodbanks



Donate to a
charity



Reach out to call
a friend, family
member or
neighbour who
is experiencing
loneliness or
self-isolation



Offer to skill share
with a friend via
video call - you
could teach guitar,
dance etc.