



Us Plus

Mental Health and Wellbeing Bulletin 15

Good morning everyone,

Next week, the 18th -24th May is Mental Health Awareness Week. The theme this year is 'Kindness'. Maybe you can take part in their challenge – you've got a few days to think about your ideas before the week begins. I'd also love to hear about any 'random acts of kindness'.

Mrs Taylor.



Mental health problems can affect anyone, at any time. We believe that mental health is everyone's business.

So, for one week each May, we campaign around a specific theme for Mental Health Awareness Week.

Since our first Mental Health Awareness Week in 2001, we've raised awareness of topics like body image, stress and relationships.

The campaign reaches millions of people every year. This year, with your support, we want to reach more people than ever.

Why kindness?

One thing that we have seen all over the world is that kindness is prevailing in uncertain times.

We have learnt that amid the fear, there is also community, support and hope.

The added benefit of helping others is that it is good for our own mental health and wellbeing. It can help reduce stress and improve your emotional wellbeing.

Kindness could transform our schools, places of work, communities and families. Let's shape a society that tips the balance in favour of good mental health, for all of us, but especially for those who are most vulnerable.

Find out more information on [why we have chosen Kindness as the theme](#) for Mental Health Awareness Week.

Join us 18-24 May 2020 to tell us why kindness matters to you.

During the week, we would like you to carry out or reflect on an **act of kindness**. Take a photo or video (with permission!) and use the hashtags:

#KindnessMatters

#MentalHealthAwarenessWeek

You can also share your ideas on how you think we could build a kinder society that would support our mental health using the same hashtags above.

Remember that you can contact the TIS team at Penrice if you need to discuss any worries or anxieties you might be feeling at this time.

You can do this by emailing me at

ktaylor@penrice.org.uk

