



Us Plus

Mental Health and Wellbeing Bulletin 16

Hello everyone,

This week is National Mental Health Awareness Week. The focus for this week is loneliness and how we can support people who feel lonely.

Mrs Taylor

[What is Mental Health Awareness Week?](#)

Mental Health Awareness Week is the UK's national week to raise awareness of mental health and mental health problems. It seeks to inspire action to promote the message of good mental health for everyone. Mental Health Awareness Week will take place from 09-15 May 2022 and is an event hosted by the Mental Health Foundation. The Mental Health Foundation have organised and hosted Mental Health Awareness Week for the last twenty-one years. During this time the event has grown to become one of the biggest awareness weeks across the UK and globally. It's an opportunity for people to talk about all aspects of mental health, with a focus on providing help and advice.

[What is the theme of Mental Health Awareness Week in 2022?](#)

The theme of the 2022 Mental Health Awareness Week is 'Loneliness'. Loneliness is affecting more and more of us in the UK and has had a huge impact on our physical and mental health during the pandemic. Our connection to other people and our community is fundamental to protecting our mental health, and we need to find better ways of tackling widespread feelings of loneliness - and we can all play a part in this.

Reducing loneliness is a major step towards creating a mentally healthy society, so the theme for this year's Mental Health Awareness Week is aimed at raising awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it.

[How can I promote mental health awareness?](#)

You might be wondering whether one person's efforts can really make a difference, and the answer is "Yes, absolutely!" Every conversation you have about the importance of recognising and treating mental illness creates a ripple effect that reaches people in your circle and far beyond it. There are

many ways that you can raise awareness for mental health. Read on for some suggestions:

- Talk with everyone you know, asking friends, family and colleagues how they're doing - and *really listen to their answers*.
- Open up about your experiences if you have them. Sharing your story about your own struggles with mental illness could be the encouragement that someone else needs to open up about theirs. It can be reassuring to hear that someone else has experienced similar struggles and is now able to tell their story.
- Encourage kind language and explore 'person-centred language.' Any language that reinforces the stigma surrounding mental illness is harmful and might keep someone from getting help. So be sure to call it out when anyone is using derogatory words about mental illness and try educating them on the consequences of their language.
- Educate yourself about mental illness so that you can pass on your knowledge to those in your circle. It's pretty common for people to misunderstand mental illness, so educating yourself on common misconceptions prepares you to have those conversations. Children aren't immune to mental illness and can experience conditions like depression and anxiety at an early age.
- Use your social media accounts to spread awareness. There's a lot of important and quality content out there that can reach thousands of people if you share it. We now have the platforms to allow us to reach more people, so don't be afraid to use them to spread awareness about such important issues.
- Encourage people to see the connection between physical and mental health. Eating healthy and getting plenty of exercise and sleep all play a part in a person's mental and emotional state. Mental health doesn't exist in isolation from your physical health, so looking after both simultaneously can be the most effective way to maintain your all-around wellbeing

Remember that you can contact the TIS team at Penrice if you need help with any worries or anxieties. Email us at tis@penrice.org.uk

