Mental Health Awareness – 9th to 15th May 2022

Requirements:

Tutors to raise awareness of mental health during the month of May.
Education sites to print posters and place them on learner notice boards.
Tutirs to hold a discussion with all learners about raising the awareness of this.
Follow the information and links below for further information.

What is Mental Health Awareness Week?
Mental Health Awareness Week in the UK is hosted by the Mental Health Foundation, the country's leading mental health research charity. It is a week-long celebration aimed at raising awareness of mental health issues in the UK and around the world, with a focus on providing help and advice.

What is the Theme for Mental Health Awareness Week?
The Mental Health Foundation has announced the dates and theme of next year's Mental Health Awareness Week. It will run from Monday 9 May until Sunday 15 May 2022. The week will explore the experience of loneliness, its effect on our mental health and how we can all play a part in reducing loneliness in our communities. For more information visit; https://www.mentalhealth.org.uk/Loneliness.

How can I promote mental health awareness?
Loneliness affects millions of people in the UK every year and is a key driver of poor mental health. The Foundation's Mental Health in the Pandemic research has found that loneliness has been exacerbated by the Covid pandemic. The Foundation has been tracking loneliness levels in the UK during the pandemic and found the experience has been much higher with devastating impact. Loneliness has been an important factor contributing to higher levels of distress, resulting from people's sense of isolation and reduced ability to connect with others. Further polling also found that loneliness was one of the leading issues that the public felt needed to be addressed.

The week will raise awareness of the impact of loneliness on our mental wellbeing and the practical steps we can take to address it. Reducing loneliness is a major step towards a mentally healthy society.

"Feeling lonely is affecting my mental health"

"My poor mental health has made me lonely"

We can give people the tools they need to live their best possible life. Let's connect during Mental Health Awareness Week, and together, we can:

- Raise awareness of the links between poor mental health and loneliness
- Provide safe and welcoming spaces to talk and support each other
- Upskill people to use technology and keep in touch with loved ones
- Create an army of volunteers to support lonely people

1. Raise awareness
Help people to understand links between loneliness and poor mental health, and actively check in on those around you at work and   in your communities
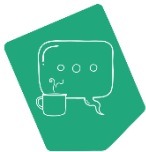
2. Invite conversations
Use some advice, information, and conversation starters, to foster conversations about mental health.
Check Mental Health UK for guide on how to open up conversations: https://mhukcdn.s3.eu-west-2.amazonaws.com/wp-content/uploads/2021/10/04131954/Mental-Health-UK-Coversation-Guide-Talking-to-someone-about-mental-health.pdf

Our workplaces are changing
Mental Health UK is carrying out new research into loneliness at work.
The pandemic has helped us to embrace flexible ways of working for the better. This has allowed us greater facetime with our friends, family and housemates, but what about our connections at work? They are teaming up with YouGov to get a snapshot into peoples' experiences of loneliness at work right now in the UK, and they will be sharing some guidance on overcoming any barriers. For more information or to sign up and be kept up to date on this; https://mentalhealth-uk.org/get-involved/mental-health-awareness-days/mental-health-awareness-week/

Read also the following advice on talking about mental health at work; https://mentalhealth-uk.org/help-and-information/talking-about-mental-health-at-work/