

Mental Health Awareness

20th May 2020



Hosted by the Mental Health Foundation, Mental Health Awareness Week takes place from 18th to 24th May 2020.

COVID-19 has changed our daily lives significantly and this can impact on our mental health and wellbeing. The Mental Health Foundations topic for Mental Health Awareness Week this year is kindness.

More than ever before acts of kindness are making a huge difference to people across our organisation and the city. From people delivering food and other essential items to vulnerable residents and contacting isolated friends and family through virtual platforms, to making donations and joining in with social media movements, people are coming together and sharing small acts of kindness.

Helping others can improve your own mental health by improving your sense of worthwhile, boosting confidence and reducing feelings of isolation and loneliness by connecting with others. However, it's

important not to neglect yourself and remember that only by taking steps to look after yourself, can you help to support other people.

Pass the message on and spread a little kindness this Mental Health Awareness Week and remember to be kind to yourself. You can also follow what other organisations are doing this week on Twitter through [#KindnessMatters](#) and [#MentalHealthAwarenessWeek](#).