



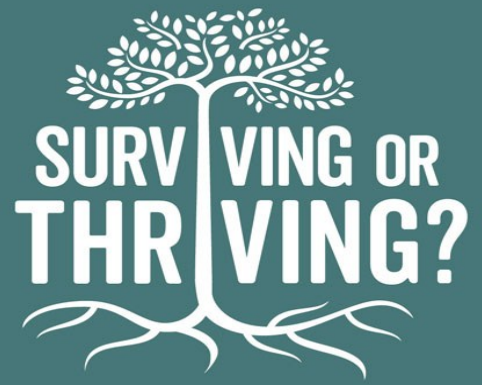
MHFA England

Youth & Adult

MENTAL HEALTH AWARENESS WEEK

8-14 MAY 2017

#MHAW17



This Mental Health Awareness Week, 8-14 May 2017, we are going to look at mental health from a new angle. Rather than ask why so many people are living with mental health problems, we will seek to uncover why too few of us are thriving with good mental health. With people struggling to cope with the demands of life and stuck on getting through the day, we will explore:



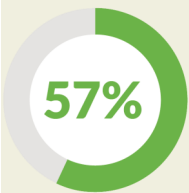
how many of us are surviving or thriving, and the difference between the two



why some communities are under strain and what government can do to support them to thrive



what steps we can take to look after our mental health, building resilience to cope with the demands of life



57% of UK employees say they have experienced mental health issues at work but less than half of that group felt confident to open up about it.

In the past year,



20,000 young people contacted Childline with suicidal thoughts, more than double the number five years ago.

Around 10 million

people will experience a mental health issue each year in the UK.



How can you get involved?

Organise talks / a display

Open up a wellbeing space



Hold a tea and talk and see how everyone is doing



Get your colleagues or friends together for a lunchtime wellbeing walk

www.mentalhealth.org.uk/campaigns/mental-health-awareness-week

In the news...

The Duke and Duchess of Cambridge and Prince Harry are spearheading the **Heads Together** campaign to end stigma around mental health. The aim is to change the national conversation on mental health and wellbeing, and is a partnership with inspiring charities with decades of experience in tackling stigma, raising awareness, and providing vital help for people with mental health challenges.

Find out more: www.headstogether.org.uk/about-heads-together/



Mental Health Training

We still have funded places for those working with children and young people, please get in touch with natalie.justice@nelincs.gov.uk for more information if you would like to attend additional training. Courses include: Emotional Resilience, Manager/Supervisor mental health workshop, MHFA, YMhFA, MHFA Lite and YMhFA Lite.

Thank you for your continued work as a Mental Health First Aider. We are currently working hard to organise a mental health workshop for CPD within your roles and an opportunity for us to get together. Keep an eye out for more information about this soon!

