

MENTAL HEALTH AWARENESS WEEK

18-24TH MAY



THEME: KINDNESS

**Mentalhealth.org.uk are suggesting that
this week, we try 3 things...**



**1 - Reflect on an act of kindness. Share your stories
and pictures (with permission) of kindness during the week
using**

#KindnessMatters and #MentalHealthAwarenessWeek



Talk about the theme of kindness in your family, school, workplace and community to join with thousands of people in practising acts of kindness to yourself and others during the week

You could:

- ❖ **Display the Mental Health Awareness week Poster in a window**
- ❖ **Write a letter to a friend/ neighbour to share how much you're missing them**
- ❖ **Smile at a stranger in the street – it could make their day (and yours)**
- ❖ **Pick some flowers for yourself or someone else**
- ❖ **Give yourself a make over/ put on your favourite clothes**
- ❖ **BE BRAVE – try talking to that person you've always noticed but never spoken to before**



3 - Share your ideas on how you think we could build a kinder society that would support our mental health using #KindnessMatters and #MentalHealthAwarenessWeek



**On Weds 22nd
10-11am**

Webinar for Parents:

This session will be covering mental health for parents & carers.

This interactive webinar will look at:

- What is mental health?
 - How can we look after our own mental health & wellbeing?
 - Providing love and security to children
 - Coaching for parents, inc how to communicate to children so they will listen
 - Sharing top tips on family wellbeing
- Click the link →



<https://www.eventbrite.co.uk/e/mental-health-awareness-week-mental-health-for-parents-tickets-104882247626>



See what you make of these short videos...

The stand up kid -

https://www.youtube.com/watch?v=S_E5lp60_HJk

The science of kindness –

<https://www.youtube.com/watch?v=O9UByLyOjBM>

The Present:

<https://www.youtube.com/watch?v=WjqIU5FgsYc>

The effects of positive and negative comments:

<https://www.youtube.com/watch?v=Yx6UgfQreYY>

Some useful links:

Kindness to self – Mental Health Support pack

<https://camhs.rdash.nhs.uk/wp-content/uploads/2017/07/Rethink-Toolkit.pdf>

Mindful colouring book (for you to print)

https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf

GO FOR IT..!

Refer into us at: www.asklion.co.uk/bemh

Text – 07860002131

Call us – 0115 8764000

Instagram: [camhs_nottinghamcity](https://www.instagram.com/camhs_nottinghamcity)

We welcome your feedback –
getinvolved.camhs@nottinghamcity.gov.uk

Other Support Agencies



Online & face-to-face support for young people.



Support for young people. Web: www.base51.org.uk Tel: 0115 704 3114.
Email: info@base51.org.uk



A user led organisation that provides a range of services about self-harm. Web: www.harmless.org.uk



Support for families. Helpline: 0808 800 2222.
Web: www.parentlineplus.org.uk and www.familylives.org.uk



Emotional support for anyone who needs it. 24-hour helpline:
08457 90 90 90. Web: www.samaritans.org



By young people – For young people! Promotes mental health for children and young people. Helpline for parents: 0800 802 5544.
Web: www.youngminds.org.uk



HOPELineUK: 0870 170 4000. Web: www.papyrus.org.uk



Essential support for under 25's. Web: www.themix.org.uk



Free 24-hour helpline for children and young people. Web:
www.childline.org.uk and www.nspcc.org.uk



Shout – Text 85258. The UK's first free 24/7 text service for anyone in a crisis. <https://www.giveusashout.org/>

