Mental Health UK

Let's Connect!

9 - 15 May 2022

#MentalHealthAwarenessWeek

We're encouraging you to build meaningful connections with your friends, family, colleagues and communities!

The theme for Mental Health Awareness Week is 'loneliness'. Loneliness affects many of us at one time or another and we know that it can be both the driver for and a product of poor mental health.

Let's connect during Mental Health Awareness Week, and together, we can:

- **Raise awareness** of the links between 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

We're asking people and organisations alike to consider their 'unique contribution' in tackling loneliness, isolation and the barriers to connection.

We need you to...

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 our advice, information, and conversation starters, and join our community on Clic to foster conversations about mental health

3. Volunteer your time

Give back some of your time – either by helping our service users to get online or by helping us to moderate Clic, keeping users safe

4. Ask others to act

Raise these issues within your community and encourage more people to act

Visit mentalhealth-uk.org/mhaw for more info and to get involved

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