

Mental Health Awareness Week

11 – 17 May 2026



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Help us to support mental health and wellbeing

For over five years, we have proudly delivered *Me, Myself and WI*; a week-long event held alongside the national Mental Health Awareness Week (hosted by the Mental Health Foundation) each May. At its heart, *Me, Myself and WI*, has always been about gently encouraging members to put themselves first, recognising that when we care for our own wellbeing, we are better able to care for others. It has been a chance to pause and reflect on the importance of ‘me time’, whether that’s a full day to recharge or just a few precious minutes in a busy day.

As our understanding of mental health continues to grow, so too has *Me, Myself and WI*. Hosted by VIA, it has now evolved into a broader initiative; one that encourages members to reach beyond themselves, inviting friends, family, and their wider communities into open, honest conversations about mental wellbeing. In a world that can often feel overwhelming, with pressures coming from all directions, it has never been more important to come together, check in with one another, and offer even the smallest moments of kindness and support.

We’re here to support you in supporting you and your members.

This year’s Mental Health Awareness Week theme, set by the Mental Health Foundation, is **Action**.

At VIA, we know that small, intentional actions can make a meaningful difference to how we feel. Taking time to rest, connect, create or learn can help build resilience and support a sense of balance. Learning in particular can play an important role in wellbeing; building confidence, creating purpose and helping us feel more connected. Through VIA, we offer opportunities to explore new skills and interests in ways that support both personal growth and mental health.

Alongside a range of courses planned for the week on VIA, we’re reaching out to share our new **Mental Health Toolkit and Workbook**. Designed to be flexible for WI meetings, small groups or individuals, the resources provide opportunities to engage and create space for reflection, recognising achievements, identifying areas where support may be needed, and setting positive personal goals.

Wellbeing Pack

A collection of recipes, crafts, games and simple activities designed to help you switch off, try something new and connect with others. Enjoy them on your own or share them with friends.

Mental Health Workbook

A space to pause and put your thoughts down. Use the prompts to check in with yourself, build small routines and find what helps - in your own time and in your own way.



Please share with your WIs and fellow members and book onto one of our courses, or download the free resources by visiting our website (link below) or scanning the QR code:



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Support our mission

Everything you find on VIA for Mental Health Awareness Week, from courses and resources to the time and care that goes into creating them, has been designed to support people's wellbeing in practical, meaningful ways.

With your support, we can continue to develop resources like these, expand our learning offer, and reach more people who may benefit from a moment to pause, reflect and reconnect. If you've found something here that's helped you, or you'd like to help make it available to others, please consider making a donation.

Every donation, no matter the size, directly supports our work. It enables us to continue developing our portfolio of resources and to build new, accessible online mental health courses, helping individuals who need support, both in the workplace and at home. We would also be incredibly grateful for any corporate contribution to support this initiative and expand the reach of these vital resources.

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Join us in making a difference!

